

JANTIOCH JOURNAL

Edition of April 27-May 3, 2007

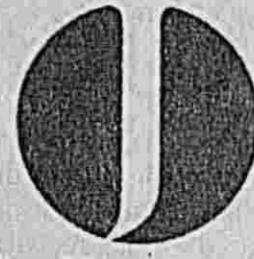
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LAKE COUNTY

Finding hope

Lake County's Methadone Maintenance Treatment Program helps recovering opiate addicts find their way back to society. "It's helped me stay clean, and it allowed me to get a job and keep a job," a participant said.

PAGE 10A



Breaking news @
LakeCountyJournals.com

GET OUT AND GO

Five things to do in and around Lake County:

Niles North Vocal Fest Saturday, April 28

Enjoy the sounds of the Niles North Vocal Festival. For information, call (847) 626-2122

Live performance

7 p.m. Sunday, April 29

Mark Hobbs, Donna Adler and Bob Smietana will perform at El Barrio Restaurant. For info, call (847) 566-0475

Zoo Tot Spot opens

Sunday, April 28

Brookfield Zoo will officially open its Fisher-Price Tot Spot at Hamill Zoo. For information, call (708) 485-0263

Polar bear cub

Daily at the zoo

See the 4-month-old polar bear cub at Brookfield Zoo. The cub made its debut April 20. Info: (708) 485-0263

Teens and Money

7-8 p.m. Monday, April 30

Great Lakes Credit Union will host "Teens and Money: Preparing for Financial Independence." (847) 838-7100

WHAT'S INSIDE

| | |
|-------------|-----|
| Police Beat | 6A |
| Births | 4A |
| LakeLife | 1B |
| Fun & Games | 9B |
| Obituaries | 13A |
| Opinion | 17A |
| Sports | 10B |

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Projecting cultural talent



Chris Padgett - cpadgett@mvnews.com

Marlena Dlugopolski practices her ballet routine as she waits with fellow dancers (from left) Madeline Gutierrez, Nicole Parfitt and Madeline Hart during Antioch Elementary School's International Show. The dancers represented France in their performance on April 21.

International Dinner raises \$5,000 for school's projectors

By TARA CLIFTON
tclifton@mvnews.com

ANTIOCH - Students and families ate food native to at least three foreign countries, enjoyed the dances of far-away lands, and raised money while they were at it.

Not bad for Antioch Elementary School's International Dinner. Taking place last weekend at Antioch Upper Grade School, the event aimed to raise money to buy projectors for each classroom.

Evie Amelio, who helped organize the event, said that the school garnered \$5,000. Each projector costs \$1,000.

The night was a huge hit and was even more special because of student participation, Amelio said.

The 95 children in the show performed French ballet, played African drums, belly danced, and

even played a 1950s number to represent the United States, just to name a few acts, Amelio said.

And the 575 audience members really enjoyed the "cute" parade at the end of the show, when all the students marched to "It's a Small World," she said.

Last week, Kim Zurek, whose daughter Amanda is in the second grade at Antioch Elementary, said she had looked forward to the fundraiser.

"Amanda is just so excited," Zurek said. "She's been practicing and practicing."

Tracy Campbell is another parent at Antioch Elementary School.

"It was awesome," she said. "Those kids looked wonderful and they did such a good job."

And the food was pretty tasty too, Amelio said.

Members of the Katris family, owners of Las Vegas restaurant, located on Main Street downtown, cooked up Greek and Middle Eastern dishes,



Chris Padgett - cpadgett@mvnews.com

Students perform the "Chicken Dance" to represent Germany during Antioch Elementary School's International Dinner.

as well as German bratwursts, Amelio said.

"These people give so much back to the community," Zurek said. "Especially the school. They are always there whenever we need anything."

SPORTS



>> PrepSports

Sibling rivalry

Former mates Antioch and Lakes go at it on the baseball field to see who controls northern Lake County in the springtime. PAGE 10B

All tied up

Warren and Lakes softball are so evenly matched that after 11 innings, they are forced to decide it another day.

PAGE 10B

>> Can'tMiss

Boys Volleyball

Lakes at Antioch, 6 p.m., Friday, April 27.

Girls Soccer

Wauconda at Carmel, 4:30 p.m., Tuesday, May 1.

>> SideLines

Lake County Journal sports editor Dan Patrick takes a look at how sports allegiances might be crazy, but not insane.

PAGE 10B

LAKELIFE

>> OnTheWeb

Check out Dr. Sherri Singer's column, Parent Place, this week at LakeCountyJournals.com in the LakeLife section.

Leslie Glazier-Werner's column, Les on Life, also appears on the Web site in the LakeLife section.

>> EveryMom

Columnist Jami Kunzer discusses how to handle "the sex talk" with younger children.

PAGE 8B

WEB POLL

This week's question

Spring has sprung. What is the best way to enjoy the outdoors?

- A) Lake County Forest Preserve
- B) Six Flags Great America
- C) Area golf courses
- D) Lake Michigan
- E) Chain O Lakes
- F) Other

Vote at LakeCountyJournals.com

Last week's question

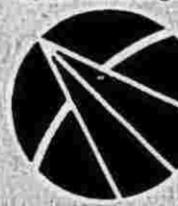
In light of the Virginia Tech shootings April 16, would you be in favor of stricter gun control laws?

No (67 percent)

Yes (33 percent)

IN MOTION

Lacrosse is catching on as a hot prep sport throughout the suburbs. Check out a video on its growing popularity by logging on to LakeCountyJournals.com and clicking on the multimedia section located on the right side of the screen.



WEEKEND OUTLOOK

FRIDAY, APRIL 27

HIGH: 58

LOW: 40

SATURDAY, APRIL 28

HIGH: 70

LOW: 49

SUNDAY, APRIL 29

HIGH: 74

LOW: 53

Source: CBS2 Chicago

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>> QuoteOfTheWeek

"It was like going to people's houses and being Santa Claus."
— Bret Mumenthaler, Antioch Rotary Club member, on the donation of beds to needy families (see story on 4A)

>> NewsYouNeed

This week's top local stories:

- Antioch Rotary Club donates beds to needy families. 4A
- School District 34 evaluates its options after referendum failure. 6A
- Muskie hunters make their way to Antioch for qualifying event. 6A

>> Editor'sChoice by Larry Lough

It's good to know you're out there

Newspapers don't often hear from readers. But it's always good when we do. We appreciate that readers care enough to respond, whether it be good or bad.

Thanks to the several of you who accepted our offer to send you the Pocket Guide to Access in Illinois. That's a wallet-sized card summarizing your rights to attend meetings and see records of government agencies, both state and local.

The offer still stands. Just let us know. We also heard from several readers – from irritat-

ed to angry – with objections to a headline in Spanish that we published April 6 on the front page of two editions.

"When did the language of the United States become Spanish?" one reader wrote.

"I can only hope you're young enough so that one day you'll lose your job to a lower paid 'granted amnesty guest worker,'" wrote another.

For the record, we thought the headline was appropriate to the story about how Easter customs differ in the U.S. and Mexico.

At some future time, we might also publish a headline in French, Russian, Japanese or other language if it's appropriate to the story. As we did with the Spanish headline, we will readily provide the English translation to avoid confusion.

Let us know what you think – good or bad. Write to llough@nwnewsgroup.com.

Thanks for reading the Journal.

• Larry Lough is editor and general manager of Lake County Journals.

Service with a smile



Geri Mark, of Round Lake, a member of the Antioch Happy Cookers, addresses the crowd during a senior citizens' jamboree at the Lakefront Park in Fox Lake. The event also included senior bands from Waukegan, Fox Lake and Libertyville.

>> CorrectionsAnd Clarifications

Accuracy is important to us at the Lake County Journals and we strive to correct mistakes promptly. If you believe a factual error has been published, please bring it to our attention.

Call Larry Lough at (847) 223-8161 or e-mail him at llough@nwnewsgroup.com.

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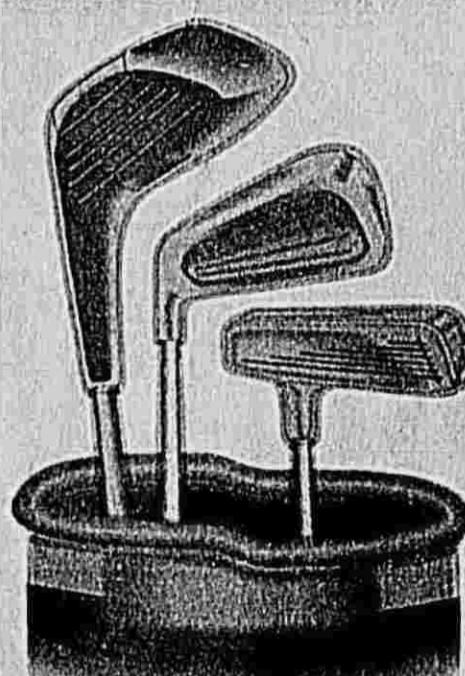
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Local woman shares success

Gurnee-based business dispenses health tips through multiple mediums

By EMILY PREVITI
epreviti@nwnewsgroup.com

GURNEE - Laura Bryant is training for a half-marathon. The 37-year-old said she has long prioritized health.

"Ever since I can remember, I've read anything I could get my hands on about health and nutrition," Bryant said.

But nearly a decade ago, the Gurnee resident underwent a brief struggle with the scale. At 26, she started to gain weight while working 12-hour days as a manager at Call Center. Ultimately, she packed on 40 pounds.

"I was not at all happy with where I was," she said.

So Bryant crafted a plan to shed the weight. She lost 15 pounds before quitting her job in 2003. After that, she whittled away the remaining 25 pounds in four months.

"As somebody who'd been healthy before, if I'm going to gain 40 pounds, I was thinking about women who might not have the history I have," she said. "The issue for the majority of women is in their head. What will sabotage them again and again and again are the thoughts and beliefs that they have."

So Bryant started Inspire Fitness, which aims to help women lead better, healthy lives.

Bryant just oversaw the conclusion of the company's first e-class, "Beyond Weight-Loss." She plans to seek feedback from a pair of participants after April 27, the last day of the program.

The next six-week session starts May 19.

For \$297, enrollees receive a weekly newsletter, personalized coaching from Bryant through e-mail and a copy of Bryant's book, "Trust Yourself to Transform Your Body: A Woman's Guide to Health and Weight-Loss Without Diets." Since its publication in 2005, more than 2,000 people have bought the book.

Success story

Debra Winkler-Valadez read "Trust Yourself" in August 2005.



Chris Padgett - cpadgett@nwnewsgroup.com

Laura Bryant, of Gurnee, runs along a path in Independence Grove in Libertyville, where she trains for a half-marathon. Bryant runs Inspire Fitness, a company that aims to help women take responsibility for their health, weight and bodies.

More info

People interested in the "Beyond Weightloss" e-class can find out more through a teleseminar scheduled to start at 7 p.m. on May 16. Contact Laura K. Brant at (847) 816-7298 or Laura@TrustYourselftoTransform.com. Go to www.SITE.com to sign up for the newsletter or to find out about the upcoming teleseminar and e-class session.

The 39-year-old mother of five said she read the book at least four times as she lost 54 pounds in a year. She said she plans to re-read it as an e-class participant to lose another 20 pounds.

The Kenosha resident discovered Inspire Fitness through co-workers who enjoyed "Trust Yourself" for its departure from other "typical diet books."

Winkler-Valadez said she can now balance food choices and fitness with her full-time job and motherhood.

Winkler-Valadez said Bryant's

program provided support and guidance that was flexible.

"I thought, 'What's going to work best for me?'" she said.

For her, it was joining a health club close to her Lincolnshire office that had members who were serious about fitness.

Winkler-Valadez said she also has realized that a "taking care of me" attitude was not selfish, but helped her become a better mother and more productive in the professional realm.

"I have this renewed energy that I haven't had in years," she said. "I feel better bout myself, and my mind is clearer ... It's truly a life change."

Business background

Bryant has a master's degree in clinical psychology from Roosevelt University in Chicago. She used that knowledge, along with her background as a life coach, to write and self-publish "Trust Yourself."

She said the volume took her one year to write.

"Trust Yourself" espouses an anti-quick-fix philosophy. The book weaves information - the glycemic index and multi-muscle moves, for example - with prompts designed to help readers determine motivation behind their behaviors related to health - or lack thereof - as well as alternatives to those behaviors that have, apparently, failed enough to bring them here.

The first e-class started in March.

Bryant said that "worldwide requests for workshops" inspired her to offer the e-class, which allows her to share support from her desk.

What's next

Bryant estimated she's spoken more than 70 times at park districts, libraries, women organizations and "anywhere where [she] can get women to congregate."

Brant plans to tweak the e-class, publish an e-book and expand her business from a one-woman operation to one with an administrative staff.

>> OurTown



Tara Clifton

Time to find royalty

Have dreams of walking a red carpet wearing a shiny crown and sash? Then head over to the parks department to pick up an application for the village's annual Miss, Jr. Miss and Little Miss Antioch Pageant.

The Antioch Parks and Recreation Department will accept applications until 5 p.m. on May 18. Applications may be picked up at the parks office, Village Hall, or by logging onto www.antioch.il.gov. A \$10 fee will be charged.

This year's winners will be awarded on Saturday, June 23, in the Antioch Community High School auditorium.

A Miss, Jr. Miss and Little Miss Antioch will be crowned. Jr. Miss hopefuls must be between the ages of 11 through 13 and Little Miss is for girls ages 6 through 8.

Miss candidates must be from ages 16 to 21, show community involvement and academic excellence, and provide three references. The winner will receive a scholarship for college tuition.

Questions? Call the parks department at (847) 395-2160.

Robert and Mashell Bird of Antioch are the proud parents of **Robert**, a sophomore at Illinois College in Jacksonville.

Their son recently pledged Phi Alpha Literary Society this semester. Literary societies have roots in the 19th century and offer fraternal, social and literary activities.

These societies usually have weekly meetings and offer programs where members can present essays, debate, readings, and individual compositions.

• If you have interesting information or anecdotes to submit for "Our Town," e-mail reporter Tara Clifton at tclifton@nwnewsgroup.com.

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Rotary collects beds for needy families

Club receives \$1,000 check to aid efforts

By TARA CLIFTON
tclifton@nwnewsgroup.com

ANTIOCH - Because of the efforts of members of the Antioch Rotary Club, needy families now have beds to sleep in.

With a budget of \$4,000, rotary members collected 25 mattresses, including box springs, head boards, sheets and pillows, member Bret Mumenthaler said.

This was all done during the past two months, and it started when one member was told that some families only had floors to sleep on.

Open Arms Mission provided many of the names of

families who needed beds, Mumenthaler said, and then the rotary set to work.

In teams of two to eight, members installed the beds at each home.

Mumenthaler and fellow rotary member Bob Schneider said it was great to see how happy the kids were to get new beds.

"It was like going to people's houses and being Santa Claus," Mumenthaler said.

Schneider joked that once the beds had been set up, the kids probably started bouncing on the mattresses.

"When we pulled up, they were jumping up and down," Mumenthaler said. "It was

awesome."

To honor the rotary for their efforts, and also to help them out financially, representatives attended the rotary luncheon last week to present them with a \$1,000 check.

But Schneider and Mumenthaler were quick to point out that it wasn't just the rotary that made this happen.

They received discounts from mattress stores and people outside the club also donated time, money and materials.

"This was great we were able to bring these beds," Mumenthaler said.

>>Births

Martin Henry Ness, a son, was born March 3 at Condell Medical Center in Libertyville to David and Corinne Ness of Antioch. His brother is Max, 3. Grandparents are Richard and Mary Nelson of Round Lake Beach and Rodger and Barbara Ness of St. Anthony, Minn.

Great-grandparent is Vina Medberry of Elgin, Iowa.

Reilly James Callender, a son, was born March 7 at Condell Medical Center in Libertyville to Karen and Joseph Callender of Antioch. His brother is Tyler, 6. Grandparents are Anna Jackson of Round Lake; Scott and Sarah Callender of Antioch and Dawn Grody of Burlington, Wis.

Great-grandparents are Dennis and Barb Cline of Mountain Home, Ark.

Grace Mary and Josie Michelle Quirke, twins, were born March 8 at Lake Forest Hospital to Brian and Jennifer Quirke of Antioch. Their sisters

are Maggie, 4, and Katie, 3. Grandparents are Jody Connell of Round Lake Beach; Richard Connell of Arlington Heights; and Jim and Bonnie Quirke of Libertyville.

Gracie Marie Wills, a daughter, was born March 21 at Condell Medical Center in Libertyville to Cory and Anne Wills of Antioch. Her sister is Alyssa, 2. Grandparents are Jerry Gibbs of Gurnee and Tom and Carole Wills of Waukegan.

Great-grandparent is Simone Gibbs of Libertyville.

Charley Giselle Keel, a daughter, was born March 23 at Condell Medical Center in Libertyville to Jenny Keel of Antioch. Grandparents are Sandra Fecht of Antioch and Robert Keel of Antioch. Great-grandparent is Herbert Dunn of Grayslake.

Jonah Miguel Linderman, a son, was born March 13 at

Condell Medical Center in Libertyville to Eric and Martha Linderman of Antioch. His brother is Rudy Martinez, 13. Grandparents are Alistair and Phyllis Barman of Buffalo Grove; Josefa Balderas of Antioch; and Gabel Venegas of Trevor, Wis. Great-grandparents are Edythe Blue of Arlington Heights; and Guadalupe Venegas of Palatine.

Erin Elizabeth Pasdiora, a daughter, was born March 26 at Lake Forest Hospital to Edward and Eileen Pasdiora of Antioch. Her sister is Alison, 2. Grandparents are Edward Pasdiora Sr. of Huntley and Joseph and LaVerne Wood of Elmhurst.

Maddux Adam Kadera, a son, was born March 15 at Lake Forest Hospital to Jesse and Tamara Kadera of Antioch. Grandparents are Joy Huitzaca of Rockford and Robert and Susan Kadera of Lake Villa.

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"Before switching to State Bank of The Lakes, I remember calling my bank to get information on my loan and being bounced from desk to desk and location to location because no one could locate my file," Lyn said. "At State Bank of The Lakes I make one call and ALL my questions are answered promptly."

Lyn's friend recommended State Bank of The Lakes because of their small town atmosphere. Lyn first opened a checking account and it wasn't long before she noticed a difference.

"The staff at State Bank of The Lakes is always helpful. They make you feel like you're part of their team. You can't find service like this anywhere else. State Bank of The Lakes has a small town atmosphere, but with big bank capabilities," Lyn said.

When Lyn needed a line of credit, State Bank of The Lakes was the obvious choice. The level of service and special rates offered by State Bank of The Lakes are something you won't find at a big bank.

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>>LocalDigest

Women to help women

The Lake County Coalition Against Sexual Assault (LACASA) will host its fifth annual "Women Helping Women" luncheon 11 a.m. to 2 p.m., June 15, at the LaCASA/Zacharias Center, 4275 Old Grand Ave., in Gurnee.

Alice Vachss, a former sex crimes prosecutor and Chief of a Special Victims Bureau in New York City, will speak at the event. Vachss also wrote "Sex Crimes: Ten Years on the Front Lines Prosecuting Rapists and Confronting their Collaborators."

Tickets cost \$75. Last year's event raised \$70,000 to help run LaCASA, which aims to mobilize the community to end sexual violence.

Registration is required and can be completed at www.LacasaStopRape.org or at (847) 244-1187, ext. 21.

Tuxedoed tails

Save-A-Pet will host "Tuxedos for Tails," its 21st annual auction on May 5. Available items include jewelry, restaurant gift and tickets to events in Chicago. Doors open at 5:30 p.m., and dinner will be served at 7:30 p.m., at The Stonegate, 2401 W. Higgins Road, in Hoffman Estates. Save-a-Pet is a Grayslake-based, no-kill animal shelter takes in, and tries to find homes for, 2,000 abused, homeless or abandoned cats and dogs each year. Tickets cost \$100 and are available at (847) 740-7788, ext. 146, or information@save-a-pet-il.org.

Wetlands cleanup

The village and Friends of the Wetlands will have a spring cleanup day from 9 a.m. to 4

p.m. on Saturday, May 5, in the William E. Brook Memorial Wetlands, near the bandshell on Skidmore Drive.

Bring work gloves and boots, long pants, and dress appropriately for the weather. A hot lunch and snacks will be provided.

Call Donna Bevan at (847) 395-6342 if you are interested.

Brush pick up

The Village of Antioch will provide brush pick up on the second Monday of each month through October. Brush must be at the curb by 7 a.m., and the brush must be stacked with the butt end facing the road. Branches should be no larger than 4 inches in diameter. This pick up is for village residents only.

For more information, call the public works department at (847) 395-1881.

Poppy campaign

Antioch Veterans of Foreign Wars members and the Women's Auxiliary will distribute Buddy Poppies around town on May 4-5. The poppies were hand made by disabled, hospitalized, and aging veterans. As the VFW's official memorial flower, the poppy represents the blood shed by American service members. All proceeds from distribution are used for veterans' welfare.

Cub Scout Rummage Sale

Antioch Cub Scout Pack 191 will have a rummage sale at the Antioch Senior Center from 8 a.m. to 4 p.m. on Saturday, April 28, to raise money for their summer camp.

Mano-a-Mano Gala
Mano-a-Mano will host Carnivale Caliente, a benefit gala at 6 p.m. on Saturday, April 28, at the Round Lake Beach Cultural and Civic Center.

The evening will start with cocktails and entertainment and will include a Latin American dance demonstration.

Tickets are \$100 a person. Tables are available for groups of eight for \$750. Dinner will be provided by Pear Tree Catering.

For more information, or to buy tickets, contact Mano a Mano at (847) 201-1521.

Mano a Mano Family Resource Center Foundation Inc. is a non-profit organization and your contribution is tax deductible.

Senior soiree

What's important about county government? Lake County Board Chairwoman Suzi Schmidt will break it down for senior citizens at a free lunch at In Laws Restaurant, Milwaukee Avenue and Route 132, in Gurnee. The event starts at 11:30 a.m., on May 14. Attendees must reserve their place by May 8. They can do so with Roberta Pfeiffer at (847) 680-0331. Pfeiffer belongs to Breakfast Exchange Club of Gurnee, a local branch of the national service organization and the event's organizer.

Summer help

The Antioch Parks and Recreation Department is taking applications for summer staff positions, which include lifeguards, cashiers, and Day Camp Counselors.

Applications and job descriptions can be picked up at the parks office on 806 Holbek Drive.

Working together

Sandy Bressner - sbressner@nwnewsgroup.com

Sandy Fanizza, of Lake Villa, holds open a bag as 15-year-old Taylor White and 6-year-old Jake Fanizza shovel mulch during the Village of Lindenhurst's annual Earth Day event. Mulch, sod and firewood were available to event-goers at no charge.

>>LibraryDigest

ANTIOCH PUBLIC LIBRARY DISTRICT**Book Groups-Children's**

May 4 at 10 a.m. Walk-in Storytime. For children ages 3, 4, and 5. May 9 at 10 a.m. Walk-in Toddler Time. Storytime. May 9 at 1 p.m. Walk-in Storytime. For children ages 3, 4, and 5. May 16 at, 3 p.m. Book Discussion "Regarding the Trees." Registration required. May 30 at 10 a.m. Walk-in Toddler Storytime. For children 2 years old. May 30 at 1 p.m. Walk-in Storytime. For children ages 3, 4, and 5.

Book Groups and Programs-Teens

May 8 from 4 to 5:30 p.m. "Crunch Time" by Mariah Fredericks. Snacks and drinks will be provided. Please call Adult Reference for a copy of the book and more details. Teen Summer Reading Program. Mission Read! Will you accept your mission and read six books or 600 minutes in six weeks? Registration begins May 29.

Book Groups and Programs-Adults

May 15, at 7 p.m. "Digging to America" by Anne Tyler. For

more info or to get a copy of each book, please call Adult Reference.

Novel Pleasures

May 15 at 10 a.m., "Emma" by Jane Austen and Jane Austen Book Club by Karen Fowler. For more info or to get a copy of each book, please call Adult Reference. Mission Possible: Read! Your mission, should you choose to accept it, is to read six books or spend 600 minutes reading or listening to recorded books. Registration begins May 29 at the "upper level" Adult Reference desk.

Teen Fun-Registration is requested.**Chess & Cookies**

May 2 at 6:30 to 8:30 p.m. All ages welcome. Beginner instruction will be provided by area chess player Zack Simonini. Beginners and experienced players are welcome. If you have a chess board, please bring it.

You've Got Games

May 22 from 6:30 to 8 p.m. Board games and card games. All ages welcome. Reading and arithmetic skills are necessary for most games.

DDR (Dance Dance

Revolution).

May 8 from 6:30 to 8 p.m. Come play! Snacks and drinks will be provided.

Movies & Showings**Teen Anime Afternoon**

May 11, from 3:15 to 4:45 p.m. The library will provide the popcorn; you can bring closed drinks and other snacks. Please call Adult Reference for title information.

Thursday Night at the Movies

May 3, at 6:30 p.m. Will Smith portrays Chris Gardner who struggled with homelessness in 1981. Discover how Chris became a respected father, stockbroker, and millionaire. Please call Adult Reference for title information.

Adult Reference Programs-State of Illinois Healthcare Programs

May 10, at 7 p.m. Learn about the state of Illinois healthcare programs; All Kids, Family Care, Moms and Babies, Veterans Care, Illinois Cares RX, and I-Save RX, in a one-hour presentation by a representative from the Illinois Department of Healthcare and Family Services. Registration is requested.

COMMUNITY

Village celebrates, cares for trees

LAKE COUNTY JOURNALS

ANTIOCH - For the 15th time, the National Arbor Day Foundation has named Antioch a Tree City USA.

The community will celebrate this recognition with its annual Antioch Arbor Day, which also improves the village's landscaping and environmental health.

The event will be from 9 a.m. to noon on Saturday, April 28, at North Park, located in the Antioch Manor North Subdivision off North Avenue, west of Route 83.

Participants include residents, the National Junior Honor Society Members of Antioch Upper Grade

School, the Antioch Community High School Environmental Club and National Honor Society students, and scouting groups.

In addition to mulching, cleaning and planting, attendees also have the chance to take home free Douglas Fir seedlings, which are 12 to 20 inches in height.

To become a Tree City USA, four standards must be met: Having a tree board or department, adopting a tree care ordinance, running a community forestry program, and holding an Arbor Day observance.

For more information, contact Laurie Stahl, director of the parks department, at (847) 395-2160.

>>Neighbors



Bob Schneider of Antioch

I grew up in:
Antioch

My family:
Wife, Kim; children, Hilary, 18;
Brandon, 14

Occupation:
Office manager

I graduated from:
Antioch Community High School

Hobbies:
Boating

Last good movie you saw:
"The Holiday"

My favorite band or music right now:
Billy Joel

Last good book I read:
Harry Potter

Favorite restaurants:
Harbour Club, Pizano's, Dover Straights

Favorite meal:
Meat loaf

If I could have one super power, it would be:
Super speed, to get more done

What's your dream car?
Rolls Royce Silver Cloud

My dream vacation is:
[To travel] around the world

If you have a "Neighbor" whom we should profile in this column, call the Lake County Journals at (847) 223-8161, or e-mail antioch@weeklyjournals.com.

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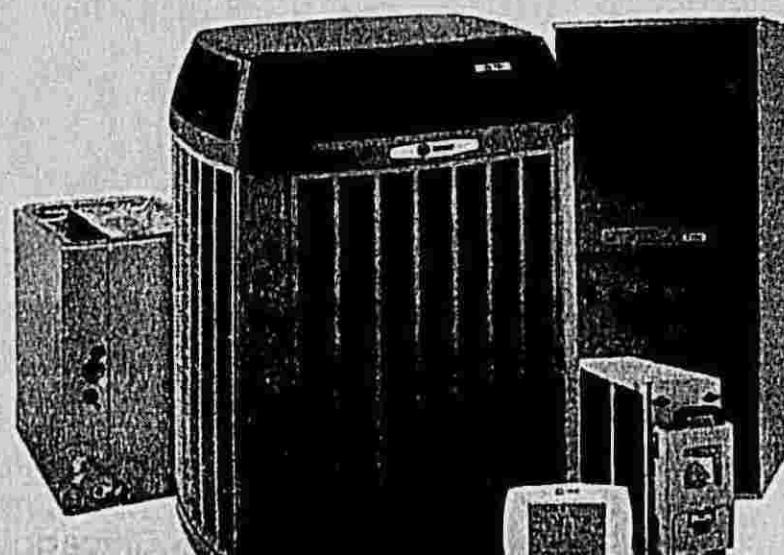
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Muskie hunters, lovers make their way to Antioch

ANTIOCH — The muskies are back.

Well, really, they've been in the Chain of Lakes for a while, but those who both love and hunt the massive fish will be back in town for the Professional Musky Tournament Trail's 2007 Qualifying Event.

The village and the Antioch Chamber of Commerce and Industry are the hosts, and the Best Western Regency Hotel and

Antioch Veterans of Foreign Wars will be the contest headquarters.

Muskie hunters will converge upon the town on April 28 and 29.

Fishers will be arranged into 150 two-person teams, and the team that catches the biggest muskie wins \$50,000 in cash and prizes.

Contact the Department of Community Services at (847) 395-6342 for more information.

Brief event schedule

Saturday, April 28:
7 a.m. to 4 p.m.: Fishing on the Chain

6 p.m., Antioch VFW, 75 North Ave.: Virtual weigh-ins.

Sunday, April 29:
7 a.m. to 1 p.m.: Fishing on the Chain

3 p.m., Antioch VFW, 75 North Ave.: Virtual weigh-ins and award ceremony, open to the public.

District brainstorms next step

Referendum failure has officials looking for more options

By TARA CLIFTON

tclifton@nwnews.com

ANTIOCH — Many officials and volunteers in School District 34 are still smarting from last week's referendum loss, but plans for the future are already forming.

A volunteer committee will meet on Monday, May 7, to discuss changing school boundaries to distribute the student population more evenly, said Superintendent Scott Thompson.

He doesn't expect parents to be fans of the plan.

"I don't even like it," he said. "I prefer kids to stay at the school they're comfortable at."

But the district doesn't have many options right now, Thompson said.

On Tuesday, April 17, 2,615 residents out of 4,826 voted against letting the district borrow \$46.95 million to build two new schools.

If the referendum had passed, those who own a \$200,000 home would have paid an extra \$120 a year in taxes, while those who have \$300,000 homes would have paid an extra \$180 a year.

A similar referendum also failed in March 2006.

Officials had hoped that

the new buildings would ease the district's overpopulation problems. Total district enrollment is 3,072, but the schools are designed to hold 2,730. Sixteen mobile classrooms are used to handle the overflow of students, but many staffers and parents

worry about children's safety when traveling from the mobile to the school.

Officials are even more worried about the future. The district estimates that 900 more students will enroll by 2011.

Thompson said that another referendum will be placed on a future ballot, but no one is sure which election that will be.

The soonest a referendum can be decided upon again is during the presidential primary, tentatively scheduled for Feb. 5, 2008.

Brent Bluthardt, who belonged to the Exploding Growth Task Force for the district, said that officials need to immediately campaign for the next referendum. Bluthardt will serve on the boundaries committee.

"Moving forward, we're going to need to build these schools, so we need to put this in every election until it's passed," Bluthardt said. "We

are not a luxury; they are a necessity."

"The need will not go away or diminish; it will only become greater and have more impact."

need to keep it going, hound it. We need to help these kids."

Bluthardt said he suspects that voters will want to see a tweaked proposal, such as asking for only one school.

Thompson said that the school board will soon discuss which route to take.

And Tracy Campbell, who belonged to the pro-referendum D34 Citizens for Children, is gearing up to plug in yard signs and visit homes again.

"We will definitely be a force in the next campaign," Campbell said. "We have to be a part of process."

Some have called for the school board to be involved in campaign efforts, but Campbell said that state law prohibits them from doing so.

Thompson said officials will have to rely upon the community.

"Our only recourse to build new schools is through the issuance of bonds approved by the voters," Thompson wrote in a press release. "It is difficult to communicate the dire need for these buildings. They are not a luxury; they are a necessity."

"The need will not go away or diminish; it will only become greater and have more impact."

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COMMUNITY

Waukegan teen dies in car accident

By MATT PERA
mpera@nwnews.com

GURNEE — A 14-year-old Waukegan boy is being held for reckless homicide after a car he was driving crashed, killing his passenger.

Juan Castro, 15, of Waukegan, was pronounced dead at 5:45 a.m. on the morning of April 22 at the scene of the accident in Gurnee, according to Lake County Coroner Richard Keller. The cause of death was determined to be a head injury.

Castro was a student at North Shore Academy in Zion.

The crash took place on the Washington Street ramp heading toward the northbound lanes of U.S. Route 41, Gurnee Police Department Cmdr. Jay Patrick said. He added that the accident was alcohol related.

The car, a 1996 Saturn sta-

tion wagon, went off the ramp, rolled onto its side, and the roof struck a utility pole, Patrick said.

The vehicle belonged to the boyfriend of the driver's sister, Patrick said. The owner of the car said the boys had taken the vehicle without permission.

The driver was airlifted from the scene of the accident to Advocate Lutheran General Hospital in Park Ridge, where he was later released and taken into custody by Gurnee police.

Because he is a minor, the name of the boy is not being released. He is currently at Robert W. Depke Juvenile Justice Complex in Vernon Hills, Patrick said.

The state's attorney's office approved the charges of reckless homicide, though it has not been determined whether the boy will be charged as an

adult or a minor, Patrick said. Other charges are pending.

While the driver's blood was screened for blood-alcohol content at Advocate, the results were not being released by press time, Patrick said. He added that an open 40-ounce bottle of beer was found in the car after the crash.

Keller said that Castro's BAC registered at 0.09, one point above the legal limit for someone 21 years of age or older.

The boy who was driving admitted to police that he and Castro had been drinking the night of the accident. He also told investigators that his recollection of events leading up to the crash were hazy, Patrick said.

"The driver didn't remember a lot leading up to the accident," Patrick said. "So I don't even know that he knew where they were going."

>>PoliceBeat

People named here have only been charged with these crimes, not convicted. Information in Police Beat comes from local police records.

ANTIOCH

DUI

Edward W. Gunderlash, 35, 14000 block of Enclave Lakes Drive, Delray Beach, Fla., driving under the influence, two counts of failure to signal when necessary, improper lane use, April 23.

Kietha M. Zemouri, 48, 3600 block of West Oakdale, Chicago, driving under the influence, driving with an obstructed windshield, driving without insurance, DUI with a blood alcohol content of more than 0.08, driving with a suspended license, April 16.

Suspended license

Alexis D. Gilmore, 48, 900 block of Barnhart Court, Zion, driving with a suspended license, speeding, April 19.

Michael J. Lamont, 52, 39000 block of Route 59, Lake Villa, driving with a suspended license, ran a stop sign, April 18.

Attempted theft

Latasha D. Edwards, 35, 38000 block of North Wilson Road, Beach Park, April 6.

No valid license

Hector O. Garduno, 27, 42000 block of North Forest, Antioch, driving without a valid license, driving without headlights on when necessary, April 18.

Revoked license

Michael C. Federicksen, 31, 5800 block of West Diversey Avenue, Chicago, driving with a revoked license, speeding, April 16.

LAKE VILLA

No license

Marcos M. Manjarrez, 20, 818

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adult or a minor, Patrick said.

Other charges are pending.

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unlawful street gang contact, April 19.

Obstruction

Percy E. Rosales, 33, 5880 Delaware, Gurnee, obstruction, disorderly conduct, April 21.

Marijuana

Joshua A. Casarez, 18, 202 W. Clarendon, Round Lake Beach, possession of marijuana, possession of a handgun without the requisite FOID, April 18.

Gaspar Ponce, 20, 1425 North Ave., Round Lake Beach, unlawful possession of marijuana, April 20.

Jesus Chihuahua, 18, 2359 N. Lenox, Round Lake Beach, possession of marijuana, April 20.

Retail theft

Hermina Olvera, 44, 1610 North Channel, Round Lake Beach, retail theft, April 18.

A 16-year-old female, retail theft, April 21. She was released to her parents.

Anamaria Dominguez, 52, 405 Cedar Crest Court, Round Lake, retail theft, April 21.

Underage drinking

Antonio Ayala, 20, 110 W. Bighorn, Hainesville, underage drinking and resisting a peace officer, April 19.

Forgery

Lisa M. Stang, 20, 934 W. Rollins Road, Round Lake Heights, forgery, April 20.

Weapon

Anthony D. Bueche, 18, 1001 Ronald Terrace, Round Lake Beach, unauthorized use of a weapon, possession of drug paraphernalia, and possession of marijuana, April 20.

DUI

Aaron F. Raftery, 25, 593

Young Cubbie takes part in historical anniversary

Student serves as bat boy during Jackie Robinson commemorative game

By HELEN MANSFIELD
hmansfield@nwnews.com

THIRD LAKE — April 15 has gone down in history as a big day in baseball.

This year, Academy Award winner Jennifer Hudson sang the National Anthem at Dodgers Stadium, and players throughout the league wore special jerseys with the number "42" on them. Similar events took place in ball parks all across the country, commemorating the 60th anniversary of Jackie Robinson's breaking the sport's color barrier.

If you can imagine it, it was an even bigger day for 11-year-old Ismael Gonzalez of Third Lake.

The Cubs didn't win in their matchup with the Milwaukee Brewers, but Ismael was in baseball nirvana nevertheless.

Earlier this year, Ismael's mom, Tesi Carrera, and dad, Dan Gonzalez, found out that one of their three boys had the opportunity to serve as bat boy in one of the Cubs' first games of the season. Along with Ismael, the couple have Isaac Gonzalez, 10, and Isiah Gonzalez, 8.

"All three of the boys fell into the age range," Tesi said.

The opportunity came from Dan's cousin Alma Navarro. Alma is a resident of Round Lake and has worked at Walgreens' corporate offices in Deerfield for two years.

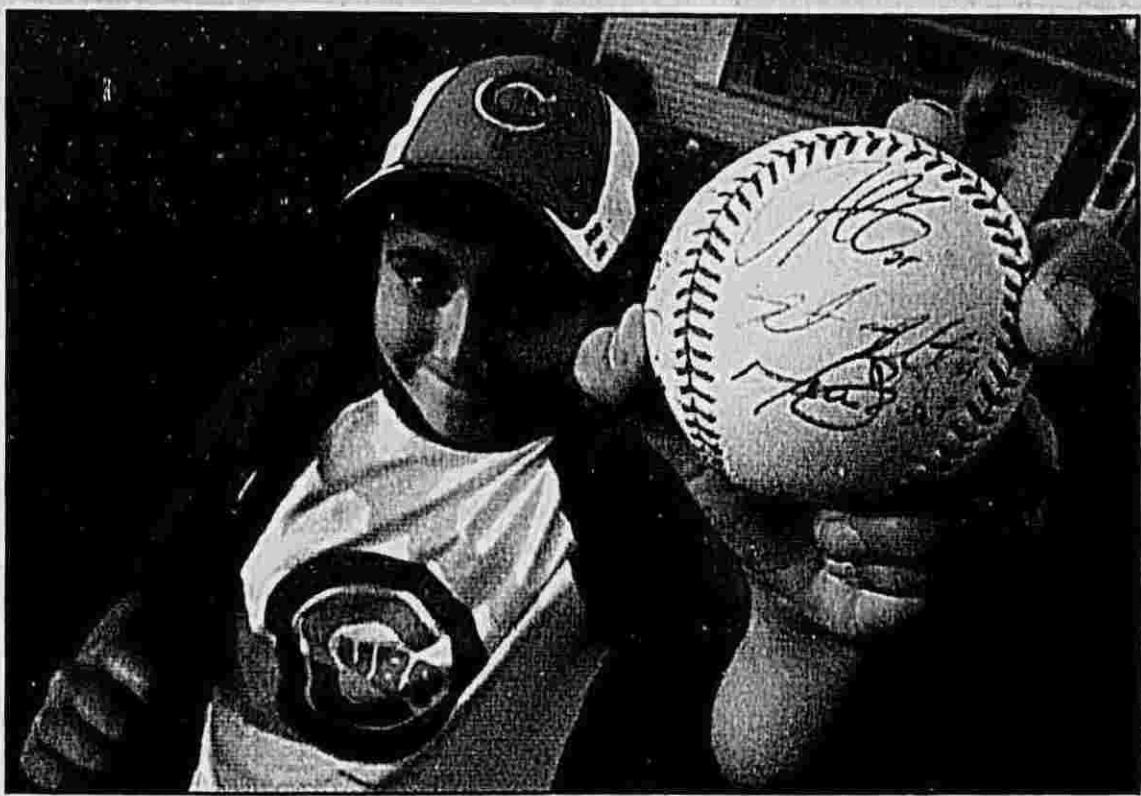
Last year, she raised more than \$200 and walked in Ron Santo's Juvenile Diabetes Foundation Walk. Her name was entered to a drawing, and her name was pulled. She won four tickets to the game, and one ticket was for the "bat boy."

"Since Ismael is the oldest, and my brother's godson, I picked him," Alma said.

Tesi said the family had good seats, but "there was no sun, [and they] froze." Alma didn't attend the game, but heard everyone had a good time.

Ismael is a fifth grader at Woodland Intermediate School.

He recently started the baseball season with the Grayslake Youth Baseball Association team, the Sand Gnats.



Chris Padgett - cpadgett@nwnews.com

Eleven-year-old Ismael Gonzalez stands outside his home with an autographed baseball signed by members of the Cubs. Gonzalez was named Walgreens Celebrity Batkid during the Jackie Robinson memorial game at Wrigley on April 15.



Chris Padgett - cpadgett@nwnews.com

Eleven-year-old Ismael Gonzalez plays catch with his brothers outside his Third Lake home.

Alma said the three boys are her only young cousins who are into baseball, "all the others like soccer," she said.

Ismael is a sweet, happy boy, but he's very quiet and reserved. Tesi said the only way he shows that he's really happy is when he has a giant smile on his face.

"It was great," Ismael said of his time at Wrigley. "It was everything I thought it'd be."

The boys have gone to several Cub's games, but only when the team plays the Brewers in Milwaukee. Tesi said Miller Stadium is more family friendly than Wrigley, and finds that it's easier to get tickets there.

"So this was the first time the boys were at Wrigley," Tesi said. "They wanted to see the ivy, but it was too early."

Ismael wore a special Walgreens T-shirt, which he said didn't give him a lot of warmth when he was running around in the shade.

Tesi said the family didn't know the significance of that particular day until they arrived at Wrigley Field.

She said her brother Vince is a big baseball fan, and taught the boys everything they know about baseball, and each of them love the game.

Tesi said a number of biographies about Jackie Robinson had been checked out of the library by the boys and made their way to the house for various book reports over the years.

"It was probably good and bad," Ismael said of Jackie Robinson's achievement. "They probably treated him bad because he was the first black player."

Ismael received an official "bat boy" certificate, along with a signed autographed ball, signed by 13 players, including Derrek Lee and coach Lou Pinella.

It also was "Lou Pinella Bobble Head Day," so the family picked up four of those as well.

His brothers weren't too jealous of him. Isiah said he was happy to get Michael Barrett to sign his ball cap.

"I thought it was neat," Isaac said.

Jackie Robinson's timeline

1919 – Jan. 31: Jackie Roosevelt Robinson is born in Cairo, Georgia, the fifth and last child of Mallie and Jerry Robinson.

1939 – September: Jackie Enrolls at UCLA and goes on to become the schools first 4-sport letterman.

1941 – After UCLA, Jackie was hired to play semi-pro football with the Honolulu Bears.

1942 – Jackie has a tryout with the Chicago White Sox.

April 3: Jackie is inducted into the U.S. Army.

1943 – Jackie earns a promotion to 2nd Lieutenant in the Army.

1944 – April: Jackie becomes platoon leader of Company B of the 761st.

July 6: Jackie refused to move to the back of a military bus at Fort Hood, Texas.

Aug. 2: Jackie faces a court-martial for his disobedience on July 6. He was acquitted on all charges.

Nov. 28: Jackie accepts an Honorable Discharge from active duty in the military and returns home to California.

1945 – Spring: Jackie joins the Negro Baseball League and plays for the Kansas City Monarchs.

April 16: Jackie has a tryout with the Boston Red Sox. Neither the manager nor the players showed up for Jackie's "tryout."

Aug. 28: Jackie meets with Branch Rickey of the Dodgers and agrees to join the Dodger Organization.

Oct. 23: Jackie signs a contract to play with the Montreal Royals of the International League. He received a \$3,500 bonus and \$600 a month salary.

1946 – Feb. 10: Jackie and Rachel Isum are married at the Independent Church in Los Angeles.

Spring: Jackie and Rachel arrive in Daytona Beach for Spring Training. Here he meets John Wright, another African American on the Montreal Roster. The Montreal Royals team is locked out of the Ballpark in Sanford because of Jackie and John's presence on the team.

Jackie plays his first professional baseball game for the Montreal Royals at Roosevelt Stadium in Jersey City, New Jersey. Jackie finished the year as the International League batting champion, compiling a .349 average in 124 games.

Nov. 18: Jackie Robinson and Rachel have their first child, Jackie Robinson Jr.

1947 – Feb.: Both the Dodgers and the Montreal Royals have their spring training in Havana, Cuba.

April 10: The Brooklyn Dodgers announce the purchase of the contract of Jackie Roosevelt Robinson from Montreal.

April 15: Jackie makes his big-league debut against the Boston Braves at Ebbets Field in Brooklyn. On this day, Jackie grounds out against Johnny Sain in his first at-bat. He goes 0-3 and scores a run.

May 9: A strike threatened by the St. Louis Cardinals is abruptly stopped by National League President Ford Frick.

Sept. 23: With permission for the Dodgers, Jackie's admirers stage a Jackie Robinson Day for him at Ebbets Field.

October: Jackie is voted the first ever major league Rookie of the Year. Two years later they would give one to a member of each league. Jackie also finished fifth in the National League's Most Valuable Player voting.

1949 – July 12: Jackie joins Roy Campanella, Don Newcombe and Larry Doby as the first African Americans to play in an All Star Game.

July 18: Jackie testifies before the House Un-American Activities Committee about the role of blacks in the military.

October: Jackie is named the National League Most Valuable Player. He wins the batting title by batting .342, with 203 hits, 124 RBI's and 37 stolen bases.

• Information provided by MLB.com.

Early June hearing expected for Round Lake hospital

LAKE COUNTY JOURNALS

FOX LAKE — Fox Lake Chamber of Commerce and Industry leaders learned of key dates this summer for the Illinois Health Systems Planning Board decision on where to locate a new hospital in Lake County.

Tuesday, June 5, is the first such date, as the IHSPB plans to hold a public hearing at Round Lake Beach Civic Center. The hearing for Advocate Health Care's will last from 9 a.m. to 2 p.m. A late August meeting of the state board to consider the proposals

Advocate Health Care representative Steve Sundberg said that the hospital organization is optimistic its plan will be accepted, for the site at Route 120 and Wilson Road. "Gaining the local support we have is huge," Sundberg told local business leaders.

"Our site will reduce the travel time significantly," Steve Sundberg, Advocate's new market director, said. "We believe in quality patient

care; that is what we are all about. We're one of a few percentage of hospitals who have earned the rank of magnet for recognition of nursing staff, and provide the best care. We are much about the sharing of the best practices in the field with other facilities of ours."

Sundberg mentioned such advances as Electronic ICU, which can monitor critically ill patients, as a doctor and nurse watch over care given 24 hours a day.

The IHSPB might choose the Advocate plan or a hospital plan proposed by Vista Health Systems.

Sundberg said that the two organizations are vastly different, one is for-profit, while Advocate is faith-based. He said it was "very remote" that both plans would be approved.

"If we are not approved, or both are rejected, then we still plan to build a professional office building," Sundberg said.

Advocate Health Care, which consists of several hospitals in the Chicago area, is

in direct competition with Vista. Advocate announced plans in January for a 144-bed, 300-square foot hospital that officials hope will be approved to be built in Round Lake, less than 10 miles from the proposed Vista site.

The Round Lake site would be a trauma level II, on 57 acres, at an overall cost estimate of \$230 million, and be designated as a U.S. Green Building Council by Leadership in Energy and Environmental Design. Advocate also operates Good Shepherd Hospital in Barrington and Lutheran General Hospital in Park Ridge.

Resolutions of support for the Advocate Health Care plan have been approved by the following: Beach Park, Round Lake Beach, Hainesville, Wauconda, Fox Lake, Volo, Third Lake, Lake Barrington, Fox Lake Fire Protection District, Round Lake Area Fire Protection District and Illinois State Senator William Peterson (R-Long Grove).

release. She comes from Hart School in North Chicago where she served as principal for the past 2 years. Before taking on an administrative position, she taught elementary students and served as the district's facilitator for the "Success for All" reading program.

She holds a bachelor's degree in elementary education from Barat College and a master's degree in educational administration from National Louis University.

Hamilton lives in Gurnee with her husband.

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District chooses new AES leader

LAKE COUNTY JOURNALS

ANTIOCH — With Deborah Harding retiring at the end of this school year, School District 34 officials recently named a new principal for Antioch Elementary School.

The board appointed Judy Hamilton during its April 17 board meeting. She will assume her role on July 1.

Hamilton was chosen from a pool of 64 applicants, according to a district press

release. She comes from Hart School in North Chicago where she served as principal for the past 2 years. Before taking on an administrative position, she taught elementary students and served as the district's facilitator for the "Success for All" reading program.

She holds a bachelor's degree in elementary education from Barat College and a master's degree in educational administration from National Louis University.

Hamilton lives in Gurnee with her husband.



For information call: 847-223-8161 • Visit: LakeCountyJournals.com

Obituary write-ups must be submitted by noon on Tuesdays for inclusion in that week's edition. Please indicate in which Lake County Journal you would like the obituary to appear.

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Alcoholic's Anonymous meetings. Several meetings throughout Lake County on a daily basis. Call (847) 362-1811 or visit www.district10nia.org for meeting information.

ANTIOCH

• **German-American Club of Antioch Spring Dinner Dance.** Saturday, May 5; doors open at 5 p.m., dinner at 6 p.m., dancing at 7 p.m. VFW Hall, 130 E. Grand Ave. in Lake Villa. Reservations required by April 28. For more information or reservations, call Dorothy at (847) 356-5484.

• **Antioch Network of Friends meeting.** 7 p.m., first Tuesdays. Community Building, 884 Main St., back entrance. A multiple sclerosis support group. Call Louise at (847) 395-1317 or Rachel at (847) 973-1808 for details.

• **AFFTER (Advocates for Fibromyalgia Funding, Treatment Education and Research) support group meeting.** 10 a.m.-noon, first Saturdays. Antioch's Community Building, 884 Main St. Call (847) 362-7807 or go to www.AFFTER.org for more information.

• **Kiwanis Club of Antioch meeting.** Noon, Tuesdays. Petrucci's Italian Market & Cafe, 311 Depot St. Contact Melissa at (847) 489-8044, e-mail at mjrigon@hotmail.com, or Larry Mondie at (847) 650-9530, e-mail at brscoops@aol.com for more information.

• **Antioch Jaycees meeting.** 7:30 p.m., last Mondays. Regency Inn. For more information, call (847) 395-8035.

• **The Meeting House Museum.** 11 a.m.-3 p.m., first Saturdays. See original photos of Antioch and a veterans' exhibit of photos and memorabilia from the Civil War through the Gulf War.

• **Northern Illinois Conservation Club Adopt-A-Highway meeting.** 10 a.m., Sunday, May 6. Clubhouse, one-half mile south of Rt. 173 on east side of Rt. 83. For more information, call (847) 395-8035, NICC or visit www.lake-online.com/nicc.

• **Antique Bottle Club of Northern Illinois.** 7:30 p.m., first Wednesdays. Antioch Senior Center, 817 Holbek Dr.

• **Antioch Garden Club meeting.** 6:45 p.m., Monday, May 1. United Methodist Church, 848 Main St. All are welcome. Call Debbie at (847) 395-4699 to learn more.

• **Northern Lake County Quilters Guild meeting.** 7 p.m., first Wednesdays. Antioch Township Center on Deep Lake Rd. north of Grass Lake Rd. Call Madelyn Anderson at (847) 651-8349 to learn more.

• **CRYSTAL LAKE**
• **Crystal Lake Toastmasters Club meeting.** 8-10 a.m., first and third Saturdays at Amcore Bank Building, Rt. 14 and Pingree Rd. Develop your presentation and leadership skills. For information, call (847) 543-2405.

tion, call Steve at (847) 526-1525 or visit <http://user.mc.net/~toast1>.

• **FOX LAKE**
• **ArtWorks Children's Museum ArtNight Gala Fundraiser.** 5:30-9:30 p.m., Saturday, April 28. Maravela's, 4 S. Washington St. Tickets are \$55 per person, \$400 for a table of 8. Silent and live auctions, artist demonstrations, performances and art displays. For tickets or information, call Linda at (847) 208-2237.

• **GRAYSLAKE**
• **30th Annual Guest Artist Concert.** 4 p.m., Sunday, April 29. College of Lake County, James Lumber Center for the Performing Arts, Mainstage Theatre, 19351 W. Washington St. Steve Cohen plays with the CLC Wind Ensemble, and Conrad Herwig plays with the CLC Monday Night Jazz Ensemble. Tickets are \$6 for the general public and \$5 for CLC students, alumni and seniors, and are available at the CLC Box Office, by phone at (847) 543-2300 or online at www.clcillinois.edu/tickets.

• **Spring Art Sale.** 9 a.m.-9 p.m., Tuesday and Wednesday, May 1-2. College of Lake County, ARTcetera Sales and Rental Gallery, next to Robert T. Wright Community Gallery of Art, Learning Resource Center, 19351 W. Washington St. For more information, call Donn Sands at (847) 543-2405.

• **Save-A-Pet 21st Annual "Tuxedos for Tails" fundraiser.** 5:30 p.m., Saturday, May 5. The Stonegate, 2401 W. Higgins Rd. in Hoffman Estates. Tickets are \$100. Silent and live auctions, hors d'oeuvres, open bar, dancing. For tickets, call (847) 740-7788 or e-mail information@save-a-pet-il.org.

• **National Alliance for the Mentally Ill of Lake County general meeting.** 7 p.m., first Wednesdays. State Bank of the Lakes, 50 Commerce Dr.

Families, friends, consumers and those interested in learning more about mental

illness, treatment and recovery are welcome to attend.

• **CLC Concert Band's 10th Anniversary Concert.** 7:30 p.m., Thursday, May 3. College of Lake County, Mainstage Theatre of the James Lumber Center for the Performing Arts, 19351 W. Washington St. Tickets are \$5 for the general public, \$4 for seniors and CLC students and staff. Tickets are available at the CLC Box Office, by phone at (847) 543-2300 or online at www.clcillinois.edu/tickets.

• **Kathy Mattea concert.** 8 p.m., Friday, May 4. College of Lake County, Mainstage Theatre, James Lumber Center for the Performing Arts, 19351 W. Washington St. Tickets are \$31-\$36 for the public, \$16 for CLC students, and \$13 for children under 12. Tickets are available at the CLC Box Office, by calling (847) 543-2300, or by visiting www.clcillinois.edu/tickets.

• **LAKE FOREST**
• **North Suburban Symphony Youth Concert.** 4 p.m., Sunday, May 6. Gorton Center, 400 E. Illinois Rd. Tickets are \$15 for adults, \$10 for seniors and students, and children under 12 free with paid adult. For information or reservations, call (847) 234-4150.

• **LAKE VILLA**
• **Prince of Peace Rummage Sale.** June 14-15. Prince of Peace Parish, 135 S. Milwaukee Ave. Will accept any working vehicles, electronics, computers, appliances and furniture. For donation pick-up, call (847) 365-6111, ext. 509. For more information, call Kevin Hanrahan at (847) 612-1818.

• **Northern Lake County Quilters' Guild Quilt Show.** 10 a.m.-4 p.m., Saturday and Sunday, April 28-29. Lakes Community High School, corner of Grass Lake Rd., east of Deep Lake Rd. Admission \$4. For more information, call Madelyn Anderson at (847) 651-8349 or visit www.nlcq.org.

• **German-American Club of Antioch Spring Dinner Dance.** Saturday, May 5; doors open at 5 p.m., dinner at 6 p.m., dancing at 7 p.m. VFW Hall, 130 E. Grand Ave. Reservations required by April 28. For more information or reservations, call Dorothy at (847) 356-5484.

• **Lake Villa Plan Commission meeting.** 7:30 p.m., first Wednesdays.

• **Villa Township AARP Chapter 3978 board meeting.** 10:30 a.m., first Thursdays. Township Offices.

• **MOMS Club of Lake Villa/Lindenhurst meeting.** 9:30 a.m., Mondays. Lake Villa District Library, 1001 Grand Ave. Children welcome. For more information, call Erin Bearss at (847) 546-1545.

• **LINDENHURST**
• **Lindenhurst Planning Commission meeting.** 7 p.m., first and

third Wednesdays. Village Hall Board Room, 2301 E. Sand Lake Rd. Call (847) 356-8252 to learn more.

• **Lindenhurst Sanitary District meeting.** 7:30 p.m., first Thursdays. Village Hall. Call (847) 356-8252 to learn more.

• **Free blood pressure screening.** 8 a.m.-noon, Mondays. The Village at Victory Lakes Continuing Care Center. Call (847) 356-5900 to learn more.

• **Lindenhurst/Lakes Area Kiwanis Club meeting.** 7:30-8:30 a.m., first and third Thursdays. Victory Lakes Continuing Care Center. For information, call (847) 356-7912.

• **American Sewing Guild group, "Running in Stitches," meeting.** 7 p.m., first Thursdays. State Bank of the Lakes, Grand Ave. Call Mary Petit at (847) 356-9242 or Janet at (847) 265-7932 for additional information.

• **MUNDELEIN**

• **Sitzmark Ski Club meeting.** 8 p.m., first and third Wednesdays. El Barrio Restaurant, 1122 Diamond Lake Rd. Year-round activities. Call Kevin at (847) 548-2991 or visit www.sitzmarksclub.com to learn more.

• **Wood Carving Club meeting.** 2-5 p.m., first and third Tuesdays. Community Protestant Church, 418 N. Prairie. Call (847) 623-2072 for details.

• **THIRD LAKE**

• **Lake County H.O.U.S.E. (Home-Oriented Unique Schooling Experience) activity meeting for children.** 1 p.m., first Wednesdays. St. Czar Lazar Church (no affiliation), 35240 N. Grant St., Third Lake (off Rt. 45 just south of Rollins Rd.) Call April Lee at (847) 949-0758 to learn more.

• **VERNON HILLS**

• **"Back in Action" free back-pain clinic.** 10:11-30 a.m., Saturday, May 5. Chicago Institute of Neurosurgery and Neuroresearch, 565 Lakeview Pkwy. Andrea Metcalf will present tips and core-strengthening exercises. For more information or to make a reservation, call (773) 250-1009 or visit www.cinn.org.

• **WAUKEGAN**

• **Waukegan BMX monthly meeting.** 7 p.m., Thursday, May 3. Henry Pfau Callahan Park, 2785 Yorkhouse Rd. For more information, call (847) 363-5284 or visit www.waukegambmx.com.

• **Lake County Coin Club meeting.** 7:30 p.m., first Tuesdays. Jester's Lounge, 1500 Lewis Ave. Call Les at (847) 662-1955 to learn more.

• **To submit an item to the Calendar, e-mail to ujcalendar@weeklyjournals.com, phone (847) 223-8161 or fax (847) 223-8810 at least 14 days before the event.**

The Friends of the Fox Lake Library**USED BOOK SALE**

Friday, April 27
9:30am to 8:00pm

Saturday, April 28
9:30am to 4:00pm

Sunday, April 29
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>>SchoolNotes

Teachers needed

Huntington Learning Center is looking for qualified and enthusiastic people to teach ACT and SAT preparation in a one-on-one environment.

The Lake Villa-based center also wants certified kindergarten-12th grade teachers to work part time.

Candidates for test instruction must have strong ACT and SAT scores.

The center offers flexible evening and weekend hours.

Resumes should be sent to the attention of Amy Whitis through e-mail, keeneratlakevilla@yahoo.com, or fax, (847) 395-6784. For more information, call (847) 395-6741.

Rummage sale

Don't automatically throw out unwanted items when you're spring cleaning. Prince of Peace Parish in Lake Villa needs donations for its annual June rummage sale. Call the church at (847) 356-6111 for more information.

Kindergarten and preschool registration

The Lindenhurst Early Childhood Center is taking registration for its full day private kindergarten program for the 2007-08 school year. The certified program lasts seven hours, and class sizes average one teacher for ten children.

The center also is having preschool registration for the next academic year. This program does not include day care.

The First Timers Group meets from 9 to 11:30 a.m. on Tuesdays and Thursdays; 3-and-a-half to 4-and-a-half-year-olds meet from 12:15 to 2:45 p.m. on Tuesdays and Thursdays, and the pre-kindergarten program meets from 9 to 11:30 a.m. and 12:15 to 2:45 p.m. on Mondays, Wednesdays, and Fridays.

To register your child, call (847) 356-2288 or log onto www.wearethefuture.com.

SCHOOL DISTRICT 34

Working kids' brains

Registration is now under way for Camp Invention, which will take place in Antioch for the first time.

The program is open for kids in grades first through sixth, and goes from June 25 to 29 at Antioch Upper Grade School.

The camp encourages brainstorming to create various inventions, using science, creativity and teamwork.

The cost is \$199 a child, which includes a T-shirt and daily

snacks. A discount of \$19 a child is offered with the Bring A Friend program. The program is limited to 110 kids.

Registration is due by May 31, or else a \$20 late fee will be charged. For more information, log onto www.campinvention.org or call (800) 968-4332.

Crawling art

The Village of Antioch, the Antioch Chamber of Commerce, and the Antioch Fine Arts Foundation will sponsor Antioch Art Crawl, presented by the district.

Residents will enjoy live music performance, art activities, drama workshops, street performers and more from 10 a.m. to 5 p.m. on Saturday, May 5, in downtown Antioch. Antioch Upper Grade School will present the play "Wishful Thinking" at 7 p.m. in the school's cafeteria.

Call the village at (847) 395-1000 for more information.

Old cells wanted

Antioch Elementary School is once again recycling old cell phones. They can be donated to the school office through April. For every phone recycled, the school gets money for Motorola through a special program. Call the school at (847) 838-8901 with questions.

AUGS drop-offs

Antioch Upper Grade School staffers ask parents to drop off their students at a different location in the mornings.

Parents should use the circle drive-off located on the left side of Highview Drive right before the school parking lot. This way students can walk safely to the building and cars can circle around to reach Tiffany Road.

A staff member will be stationed on the sidewalk adjacent to the parking lot to assist students.

Help wanted

Antioch Upper Grade School is looking for new employees.

Energetic and enthusiastic people are needed to fill four part-time lunchroom and recess supervisory positions as soon as possible. Hourly rate is \$8.24, and supervisors must be free to work two hours and 15 minutes each day during the lunch period. Those interested should fill out an application found on the District 34 Web site, www.antioch34.com, and also fax a letter of interest to AUGS.

Principal Dimitrios J. Kallieris, (847) 838-8304. Kallieris can be reached by phone at (847) 838-8300.

Substitute special education aides are also needed. Certification is not required. For more information, contact Carol Anderson at (847) 838-8421.

SCHOOL DISTRICT 41

Lots of pennies

Hooper School students are collecting pennies for sick kids, and so far the school has raised

\$685.57.

Open House

Palombi Middle School will have an open house for sixth-graders on Tuesday, May 1. For more details (847) 356-2118.

PTO Prez needed

Hooper School is looking for a vice president for its Parent Teacher Organization. The volunteer position involves meetings, fundraisers and more. Contact the school at (847) 245-8101 if

interested.

Substitutes needed

The district is in need of substitute teachers. To find out more information, call Kathy Ney at (847) 245-8005.

SCHOOL DISTRICT 117

Staffers at Antioch High School's Tom Tom newspaper earned top honors in a competition sponsored by the American Scholastic Press Association of College Point New York.

The paper was rated "First Place With Special Merit," the highest rating possible in the annual event. The "Special Merit" tag came because the paper also won "Outstanding Editorial" in its January opinion piece, written by junior Garik Niffenegger.

In addition to the special merit citation, the staff tallied perfect scores in the categories of "Content and Coverage," as well as "Creativity."

The staff earned 955 out of a possible 1000 points.



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| CENTRELLA EGG NOODLES 16 oz. 69¢ | BUTTER 15 oz. 2/\$3.00 | |
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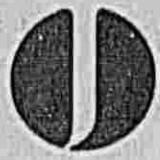
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>> LocalDeaths

William M. Petersen, 71, Kenosha, Wis.
 James Edwin Brown, 63, Libertyville
 Dorothy M. Wennersten, 85, Round Lake Park

Patrick L. Monahan Jr., 28, Gurnee
 Jean Marie Grischaeu hink, 76, Fox Lake
 James F. Troemel, 72, Grayslake

Ellen E. 'Betty' Schaud, 88, Round Lake Beach
 Brian Anthony Psak, 20, Round Lake Heights
 OBITUARIES ON PAGE 14A

>> InBrief

Lake County Retired Teachers celebrate anniversary

The Lake County Retired Teachers Association (LCRTA) will celebrate its 50th anniversary at noon on Tuesday, May 8.

The event will take place at the Country Squires restaurant in Grayslake at the corner of Route 45 and Route 120.

A special presentation will be made by Nicko Naidenov, "Keyboard master and songster."

For more information, contact LCRTA President Joanne "Jodie" Stewart at (847) 433-1783.

-Local reports

Swedish Glee Club Spring Concert

Waukegan Swedish Glee Club will sing a spring concert at 3 p.m. on May 20, at St. Mark's Lutheran Church, 3350 Delany Road, in Waukegan.

Directed by Jeff DeLay and accompanied by Ruth Porikos, the Glee Club will sing songs with springtime themes in English, as well as Swedish.

Guest alto soloist will be Sheila Baker-Bondurant.

The Waukegan Swedish Women's Chorus also will sing several songs.

No admission charge will be made, but a offering will be collected for the benefit of C.O.O.L. Food Pantry.

-Local reports

Free workshop reveals ways to slash college costs

A workshop is being hosted for the parents of college bound high school students during the month of May at the Laschen Community Center in Vernon Hills.

The workshop will focus on little-known ways of getting money for college.

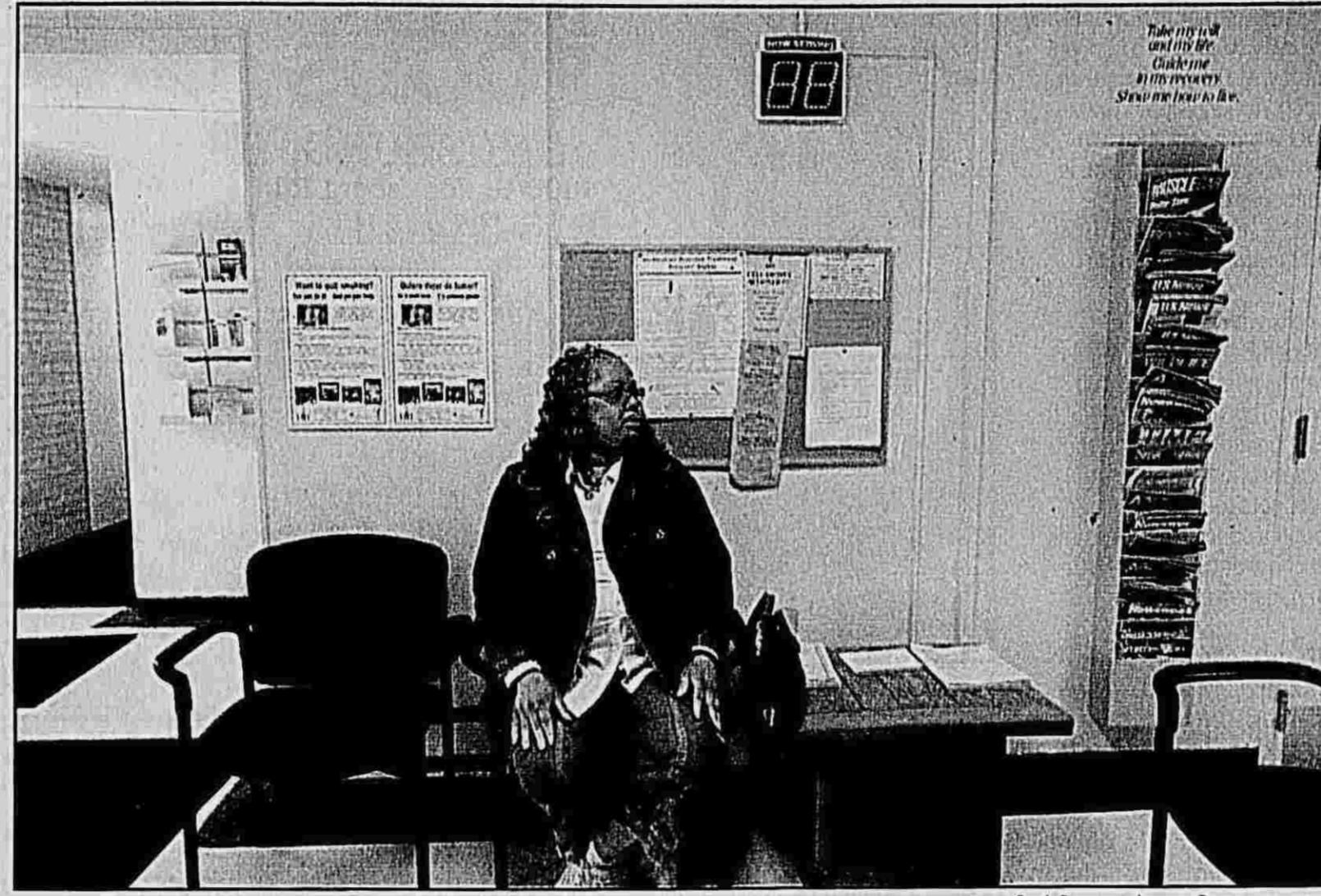
The class will include topics such as how to double or triple eligibility for free grant money, the secret to sending a child to a private school for less than the cost of a four-year school, and a four-year school for less than the cost of a junior college, and the single biggest mistake that nine out of 10 parents make when planning for college and more.

The workshop dates are, May 1, May 5, May 22 and May 26. The classes are from 7:15 to 8:45 p.m. on weeknights and from 12:15 to 1:45 p.m. on Saturday. The workshop will be taught by Don Von Ebers, one of the nation's leading experts on paying for college, co-author of "How To Give Your Child A 4-Year College Education Without Going Broke," and a college planner specializing in ways for parents to fund four years of college for their student.

Seating is free, but limited by the size of the room. To reserve a seat, call (847) 871-0454 and leave contact information and desired time and location.

-Local Reports

Finding hope



Sandy Bressner - sbressner@nwnews.com

Beverly Coleman waits to see a doctor at the Lake County Health Department's substance abuse program headquarters for her daily dose of Methadone. Coleman is a participant in the county's Methadone Maintenance Treatment Program. "I'm proud of being clean," she said.

Methadone program gives recovering addicts another chance

By MATT PERA
 mpera@nwnews.com

WAUKEGAN - Beverly Coleman sat in the lobby of the Lake County Health Department Substance Abuse Program office, quietly writing in her journal.

The lobby, which had been full earlier in the morning, was now empty except for her. A recovering addict who currently participates in the health department's Methadone Maintenance Treatment Program, Coleman said she often stayed at the clinic after her treatment for the day.

"Sometimes I just come and I just sit here, just to soak up the peacefulness," she said. "And I just think back to where I was when I first walked in these doors and where I am now, and it's just such a blessing."

Coleman, a Waukegan resident, has been clean for more than a year now. She attends group counseling sessions at the health department, and also receives a daily dose of methadone - a prescription medication that counteracts a client's addiction to opiates, often heroine.

The assistance she has received from nurses, counselors and other clients through the substance abuse program have combined to keep Coleman drug free, she said.

"The staff here goes way beyond their duties," Coleman explained. "They really care about the clients here. If you want to get clean, this is the place."

Susan McKnight, coordinator for the substance abuse program, said success is measured in several ways when assessing the approximately 80 clients currently in the methadone program. Oftentimes, she added,

Program demographics

Below is a list of statistics provided by the Lake County Health Department Methadone Maintenance Treatment Program. The numbers convey information about the 147 clients who were served by the program from Jan. 1 to Dec. 31 of 2006.

- 61 percent were black, 31 percent were white, 7 percent were Hispanic, and less than 1 percent were Pacific Islander.
- 62 percent were male.
- 20 percent were younger than 34 years old, 28 percent were between the ages of 35 and 44 and 51 percent were older than 45.
- 58 percent were dependent on someone else for housing. Less than 1 percent were homeless.
- 73 percent were unemployed.
- Heroin was the primary drug of 92 percent of the clients. For 7 percent, other opiates were the primary drug and less than 1 percent listed prescription opiates as their primary drug of abuse.
- 77 percent claimed daily use of heroin/opiates the month prior to coming into treatment, while 10 percent claimed no use in the month prior to treatment.
- Less than 2 percent completed treatment, while 9 percent were discharged because of disciplinary reasons and 17 percent left against medical advice.

recovering opiate addicts will take methadone for years.

"Our idea of success is not how long they're going to stay on the methadone," McKnight said. "You take a look at [a client's] criminal pattern ... are they still using other types of drugs ... do they have a job, are they going back to school? There are a lot of different factors that we look at and the thing is, with addiction, it's like any other disease. [Clients don't say] 'OK, I entered treatment and I immediately start getting better.'"

Denise Staples, of Waukegan, said she has been a client with the methadone program in Waukegan for close to 30 years. The health department began the program in 1975.

"It's helped me stay clean and it allowed me to get a job and keep a job," she said.

She explained that she was worried that if she stopped taking methadone, she would suffer the same painful detox as opiate withdrawal.

See METHADONE, page 13A

Agencies work to find missing teen

By EMILY PREVITI
 epreviti@nwnews.com

WADSWORTH - More than 2,000 children go missing each day, according to estimates from the U.S. Department of Justice.

More than a week ago, a local girl became one of them.

Jill Gillig said she last saw her 16-year-old daughter, Julissa at 10 a.m. on April 14.

The Wadsworth teen spoke to her parents that afternoon. She told them via cell phone about her plans to go with friends to a concert that night at the Mercury Cafe, 1505 W. Chicago Ave., Jill said. Julissa's father Carl went there at 8 p.m. that night, but Julissa never showed up.



At 3 a.m. on April 15, Julissa had not returned home and her cell phone was off. Jill called the police.

Multiple agencies work to find Julissa

"About two days into this, I started having a meltdown," Jill said as her voice broke. "But we really just really want to focus on getting our daughter back."

Lake County Sheriff's Detective Wendell Russell is handling the investigation. Russell said he has worked juvenile, homicide and sex crimes cases for the past two decades.

"The longer that she's gone, the more chance [there] is that there is something else wrong with this situation," Russell said April 18.

According to the National Center for Missing and Exploited Children, the first three hours that a child goes missing are the most critical for investigators: more than 76.2 percent of those who are murdered are dead within three hours of the abduction.

Larry Owens, a retired state trooper from Kentucky, is managing the Gillig case for NCMEC. The nonprofit agency is collaborating with Russell on the case.

Owens said investigators heavily weigh several factors as they decide whether to notify media outlets about a missing child, including whether that would risk the child's safety or intimidate the child from coming home.

See MISSING TEEN, page 12A

INSIDE LAKE COUNTY


 John S.
 Matijevich

>> SeeingItThrough

Many people find paying taxes to be burdensome, but John Matijevich thinks that high interest rates fall into that realm. He also warns taxpayers to look out for these interest rates from banks because borrowers might be the ones who will have to clean up the mess when the bank does not get its money.

PAGE 17A

>> SnapShot

This week's question

"What are some things you do to help the environment?"

ANSWERS ON PAGE 17A

>> PartyLines

Volunteers receive praise

U.S. Rep. Melissa Bean participates in National Volunteer Week events in Lake, Cook and McHenry Counties. The Barrington Democrat also took time to praise some Lake County residents for their service.

PAGE 17A

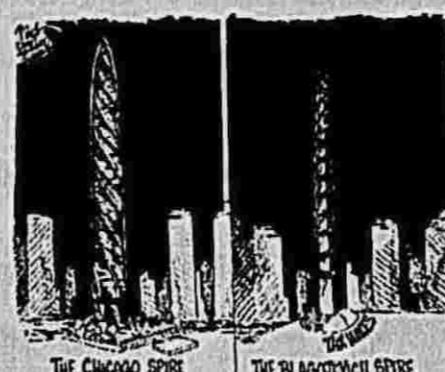
>> OurView

No easy answers

After the tragedy at Virginia Tech, it's time for unity, not a blame game.

PAGE 17A

>> SketchView



Earth friendly



Joshua Wright, 22, removes the ties from a newly planted tree with the help of Juvenal Diaz, 18, at the Greenbelt Cultural Center in North Chicago. Wright and Diaz, along with other members of the Youth Conservation Corps, planted several trees for Earth Day.

Sandy Bressner - sbressner@nwnews.com

Advocate prepares to make pitch to the public

By HELEN MANSFIELD
hmansfield@nwnewsgroup.com

ROUND LAKE — Following Jim Betustak's sound defeat last week in the Lindenhurst Village Board President's race, Advocate Health Care's odds for building a hospital in Round Lake might have improved, in Ted Mueller's opinion.

Mueller, Hainesville's Village Board president, said Betustak was one of the greatest proponents of Vista Health Systems building a hospital in Lindenhurst; now, with a regime change in Lindenhurst, Round Lake might look better.

According to a press release from Advocate, the hospital requested its own public hearing through the Illinois Health Facilities Planning Board to invite residents of northwest Lake County to learn more about its proposed Advocate — Lake County Hospital and the economic development it will bring to the community.

These meetings should begin sometime in June or July, and Mueller said he would be happy to volunteer the Hainesville Village Hall facilities for such public forums.

Round Lake Village Board President Bill Gentes has said the northwest portion of Lake County is in dire need of a hospital. Other villages such as Hainesville, Round Lake Beach, Round Lake Park, Fox Lake and Wauconda have given their support to Advocate's plan in Round Lake.

Advocate concedes that while a high concentration of licensed hospital beds exists

About Advocate

Oak Brook-based Advocate Health Care, the largest health care provider in Illinois, is a faith-based, nonprofit system. Advocate is related to both the Evangelical Lutheran Church in America and the United Church of Christ. Advocate's multiple sites of care in metropolitan Chicago include eight acute care hospitals and two children's hospitals, a home health care company and several of Chicago's largest medical groups.

With 25,000 employees, Advocate is the second largest private employer in Chicago. Through a long-term academic and teaching affiliation with the University of Illinois at Chicago Health Sciences Center, Advocate trains more resident physicians than any non-university teaching hospital in Illinois. For more information about Advocate Health Care, visit www.advocatehealth.com.

in the southern and eastern regions of Lake County, many residents in the northwest portion do not have easy access to an acute care hospital and must drive about 45 minutes to reach an emergency room.

The press release adds that "while trying to meet an urgent need to build a hospital in northwest Lake County, Advocate Health Care is inviting another constituency to the planning table — the residents who will be using the facility."

"From the beginning, this project has been about what the community has asked for — access to exceptional health

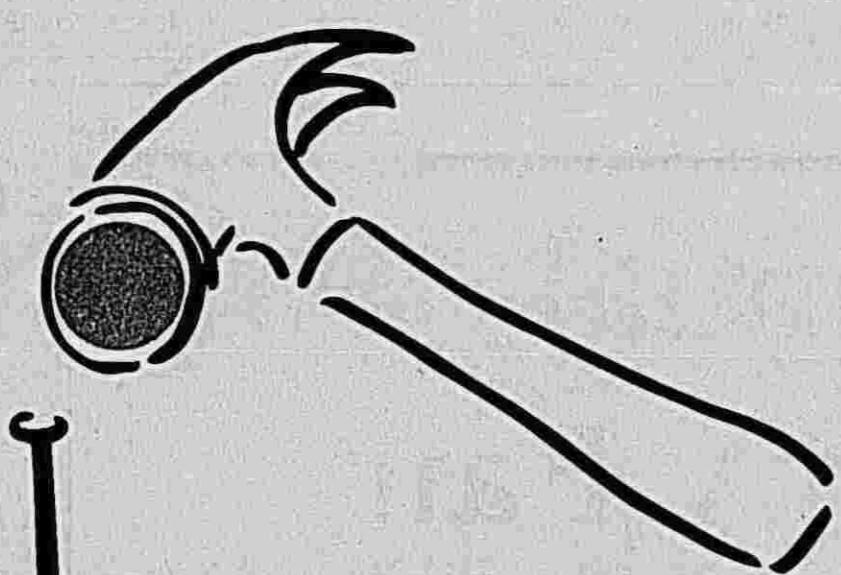
care," said Jim Skogsbergh, president and CEO of Advocate. "Northwest Lake County has a population that understands the importance of this issue. Residents want to be sure that they can quickly get to a hospital, and that the hospital is a quality one."

Advocate's plan is for a 300,000-square-foot hospital that will offer a full range of specialty services, including an advanced cardiac program; a level II trauma center; and leading edge intensive care, obstetric and surgical care units. The 144-bed facility will be located on a 57-acre site at the corner of Route 120 and Wilson Road in Round Lake.

With approval from the IHFPB, the full-service hospital would represent an investment of more than \$250 million in Lake County by Advocate, and bring an estimated 1,000 jobs to the area.

The hospital was designed as an environmentally sensitive "green" building, and Advocate will seek Leadership in Energy and Environmental Design (LEED) certification for it from the U.S. Green Building Council.

"With some of the best known hospitals in the area, like Advocate Good Shepherd Hospital and Advocate Lutheran General Hospital, Advocate Health Care understands that quality is more than an outcome," said Skogsbergh in Advocate's press release. "It also is an experience, and Advocate will settle for nothing less than attracting the best nurses, doctors and associates to help this new hospital provide exceptional compassionate care."



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Churches take a religious walk

Organization looks to raise \$10,000 at clergy fundraiser

By TARA CLIFTON
tclifton@nwnewsgroup.com

The event's co-chair, Sandra L. Bernardoni, could not be reached for comment.

Churches are encouraged to form teams and secure pledges for the walk, Perz said, and this process is left entirely up to them.

Usually, 15 to 20 churches participate, Perz said, and the event typically raises \$7,000 that goes to help the chaplaincy program at the house.

"It never fails that we can count on someone who shows up," Perz said.

Organizers hope to raise \$10,000 this year, Perz said.

For youth who walk, Interfaith Chaplaincy Services will split their pledges 50/50 for that congregation's youth programs.

Anyone is invited to participate, not just churches, Perz said. For more information, call (847) 336-2777.

Lake County Audubon Society hosts Volo Bog presentation

LAKE COUNTY JOURNALS

To learn more ...

The Lake County Audubon Society will present a program about the Volo Bog next month presented by Stacey Iwanicki, a natural resource coordinator with the Illinois Department of Natural Resources.

The meeting will take place on Monday, May 7, at 7:30 p.m. at the Libertyville Village Hall, 118 W. Cook St.

Volo Bog State Natural Area is an Illinois wetland located in northwest Lake County. It is the only remaining "quaking" bog in Illinois and harkens back to the Wisconsin Glacial period more than 6,000 years ago.

Its formation throughout those thousands of years produced a particular chemical makeup in the soil that resulted in unusual and unique

plant life that still can be seen in abundance during hikes across the boardwalk there.

Several orchids can be found in Volo Bog, which is a registered National Natural Landmark and a dedicated nature preserve.

Picnicking, hiking, and cross-country skiing are offered at the site. Volo Bog was designated an Illinois Nature Preserve in 1970 and a National Natural Landmark in 1973. Interpretive programs are available to most ages (beginning at 4 years old) throughout the year.

Iwanicki works at Volo Bog State Natural Area and Moraine Hills State Park.

She has a bachelor's degree in zoology from Michigan State University and began working as the environmental educator at Volo Bog in 1987.

In addition to leading tours of Volo Bog, Iwanicki recruits, coordinates, and trains a group of about 50 volunteers.

With their help, Volo Bog State Natural Area is able to provide guided tours of this Illinois wetland to the public on most weekends and to school children during the week. During the Bog Tours, Iwanicki and the volunteers also offer 17 different educational programs to school and youth groups, plus a variety of other programs and events for families and adults throughout the year.

All are invited to attend this free meeting.

>>CLCNotes

Free employer workshops

Lake County employers are invited to a free morning of employer workshops on May 17. The free workshops are sponsored by the Job Center of Lake County and will take place from 8

a.m. to 12:30 p.m. in the James Lumber Center for the Performing Arts at the College of Lake County, 19351 W. Washington Street in Grayslake.

Learn the latest time management tips from speaker, consultant and author Andy Kaufman, president of the Institute for Leadership Excellence & Development Inc. "Beyond Time Management: Getting More Done with Less Stress."

From 9:45 to 11 a.m., David Miller, head of the Labor and Employment practice for the Chicago law firm of Dykema Gossett, will present new developments in employment law.

An OSHA update will be presented from 11:15 a.m. to 12:30 p.m.

Attendance is limited for this event and reservations are required. To RSVP, send an e-mail with the name of the company, persons attending, phone and fax numbers by May 14 to Kathleen.McCain@illinois.gov. Or register by phone at (847) 543-7475 or by sending a fax to (847) 543-7466, attention: Kathy McCain.

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BEFORE

AFTER

Infant immunization week in full swing

LAKE COUNTY JOURNALS

In celebration of National Infant Immunization Week, and Vaccination Week of the Americas, April 21 to the 28, clients of the Lake County Health Department/Community Health Center Immunization Program have been able to play games, win prizes and enter a raffle drawing for a gift certificate.

The games and raffle were being offered to encourage families to immunize their children.

The Health Department's walk-in clinic for children, at 2303 Dodge Ave. in Waukegan, is open from 1 to 3 p.m. Monday, Tuesday, Wednesday and Friday; from 1 to 4:30 p.m. Thursday; and from 9 to 11 a.m. on the second Saturday of each month.

Appointments are not necessary. Children of all ages, from birth through adolescence, are invited to celebrate.

"Babies need to visit a doctor or clinic for vaccinations five times by the age of 2 for protection against seri-

Where to go

The Health Department provides immunization clinics at locations throughout Lake County, including Waukegan, Lake Forest, Lake Zurich, Libertyville, Round Lake Park, Round Lake Beach and Antioch.

For times and locations of these clinics, contact the Health Department at: (847) 377-8470 or visit:

www.co.lake.il.us/health/chs/disease/immun.asp.

promote the benefits of immunizations and to focus on the importance of immunizing infants against vaccine-preventable diseases.

Vaccination Week in the Americas strives to reach the goals of increasing and strengthening routine immunization coverage and advancing awareness of new and effective vaccines that can help save lives and prevent disease.

The Health Department's Immunization Program has been active for more than 30 years.

It provides children with all the vaccinations required by the state.

Each child is thoroughly screened by a nurse and his or her parent is advised about what vaccinations are needed.

Parents must bring the immunization records of their children with them and are encouraged to always keep current and complete records. Childhood vaccinations are \$10 each. But no child is denied if his or her family cannot afford the fee.

Bluebirds benefit from organizations

Forest preserve looking for bird monitors

LAKE COUNTY JOURNALS

Lake County Audubon Society donated 20 bluebird nest box kits to the Lake County Forest Preserve District. Boy Scout Troop 188, of Lake Villa, assembled the kits into nest boxes, which will be used by the forest preserve volunteers who monitor the many bluebird trails throughout Lake County. The bluebirds have been an endangered species in Lake County since the 1920s.

Because bluebirds are cavity nesters, one way to bring

them back is to provide monitored nesting sites. These sites need to be monitored because of two aggressive imported species, the house sparrow and the European starling, which are also cavity nesters. Starlings can be excluded from the nest boxes by making sure the entrance hole is the proper size, but a house sparrow that is close in size to the bluebird will chase away or kill the timid bluebirds and destroy their eggs.

It's best not to put a nesting box up at all if it's not monitored to clean out the house sparrows. Because bluebirds prefer to nest in open areas with scattered trees and low ground cover, the forest preserve sites, including golf courses, provide many areas like this.

Lake County bluebird trails are always in need of volunteers to monitor them. The data collected from the monitoring provide a better idea of how many bluebirds are returning to Lake County.

For a list of trails that are in need of monitors, log onto the Lake County Audubon Society Web site www.lakecountyaudubon.org and apply online.

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Check our MONTHLY Schedule of Events on the web!!

Musical revue to aid homeless

Performance to take place at Waukegan High School

LAKE COUNTY JOURNALS

To learn more ...

For more information, please contact Waukegan Township at (847) 244-4900.

tain call at 7 p.m. Patrons can come see talented volunteers from across Lake County perform a veritable medley of music from different genres.

Tickets are \$20 and are on sale at the Waukegan Township Supervisor's Office, Lake County Clerk's Office, Regional School Superintendent's Office, North Chicago City Hall or by visiting www.waukegantownship.com/musical.htm.

Ticket purchasers may designate their tickets to be donated to residents of Lilac Ledge, Park Place Senior Center and members of the Boys and Girls Club of Lake County should they be unable to attend the event.

Wadsworth parents say they just want daughter to come home

• MISSING TEEN

Continued from 10A

"In most cases, the media can help," he said.

Theories leave question marks

Russell said he thinks that at least one of Julissa's friends knows where she might have gone Saturday afternoon after disembarking from the train downtown. He said sparse and conflicting information have complicated his efforts, which include driving as far as Macomb to interview friends of Julissa, a junior at Warren Township High School.

"We're hoping she's being hidden somewhere with friends because otherwise she's just gone," Jill said.

Russell said he is certain that Julissa was riding the elevated train in Chicago with her friends when she got off at an undetermined location.

On April 17, Julissa's father Carl recruited relatives to help him canvass the city's el stops with flyers bearing

Have you seen her?

Name: Julissa Gillig

Age: 16

Height: 5-foot-3

Weight: 105 pounds

Race: white

Hair: blond

Eyes: blue

Wearing: brown corduroy pants with a green and blue plaid shirt over a cream and raspberry striped camisole

Carrying: a pale yellow cloth hobo bag (oversized, shoulder-slung)

Contact (847) 549-5200 with any information

Wendell said records do not show police activity at the Gillig's Wadsworth home. There also are no signs of abuse, he added.

"Usually, it's disagreement between parents and children," Russell said.

In this case, Julissa did argue with her parents, Jill said, about her plans for the evening.

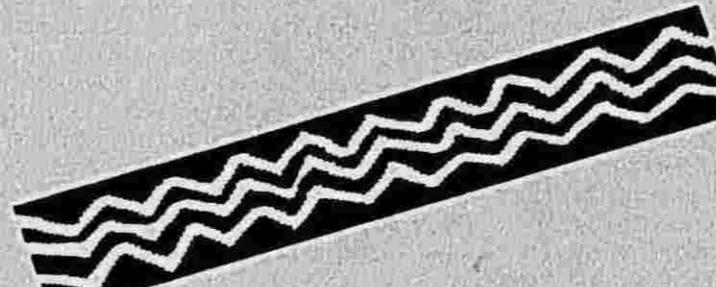
Jillissa left with a friend during the morning of April 14. When she later decided to skip her shift at Toys-R-Us for the concert, her parents objected.

But Jill said she still "expected [Julissa] to come home," adding that honesty and mutual respect characterize their relationship.

"She doesn't scream and yell at us - she just deals with it," Jill said. "The whole thing just doesn't make sense."

The Belmont Area Special Victims Unit of the Chicago Police Department also is assisting with the case.

Russell has asked that anyone with information contact him at (847) 549-5200.



University Center adds staff

LAKE COUNTY JOURNALS

The University Center of Lake County has added two new staff members to assist individual students as well as area employers and community organizations to make fullest use of the University Center's resources. Both began work earlier this month.

Tonia Baxter is the new recruitment specialist/advisor.

She came to the University Center from Metropolitan State University in St. Paul, Minn., where she had served for almost seven years as an academic advisor. Prior to that, she was an academic advisor at University of Minnesota.

Baxter lives in Hainesville and will split her time between the University Center facilities in Grayslake and Waukegan.

She is available to advise potential students about their University Center options and to make presentations at local job sites and community organizations about the University Center.

Myra Gaytan-Morales has succeeded L. Shere

For more information

To learn more about programs offered through the University Center of Lake County, visit its website www.ucenter.org or call (847) 665-4000.

Washington as the director of the University Center at Waukegan.

She came from the College of Lake County where she had served since 2001 as advisor for the ENLACE (Engaging Latino Communities for Education) program.

Gaytan-Morales is a resident of Waukegan and has served on the Center's Waukegan Advisory Board. She is also the current president of the Coalicion Latinos Unidos de Lake County.

As director of the University Center at Waukegan, she will help to develop educational programming for the center's Waukegan site based on the needs of northeastern Lake County. She also will work countywide to assess how the center can meet local workforce development needs.

"We're so pleased that we

About the University Center

The following are University Center's member institutions: Benedictine University, The Chicago School of Professional Psychology, Concordia University Chicago, DePaul University, Dominican University, Governors State University, Illinois State University, Kendall College, National-Louis University, North Park University, Northeastern Illinois University, Northern Illinois University, Roosevelt University, Saint Xavier University, Southern Illinois University Carbondale, University of Illinois at Chicago, University of Illinois at Springfield, and University of Illinois at Urbana-Champaign.

could create the recruitment specialist/advisor position and that we could add two such strong performers to the University Center team," said Hilary Ward Schnadt, Associate Dean for Academic Services and Programs. "We're eager to expand our programming in Waukegan and to add more student services. Tonia and Myra will help us do both."

Sandy Bressner • sbressner@nwnews.com

Beverly Coleman waits to see the doctor at the Lake County Health Department's substance abuse program headquarters for her daily dose of Methadone. Coleman said she owed her recovery to the staff of the substance abuse program.

Clients receive many types of treatment

• METHADONE

Continued from 10A

Staples added that the program has helped her through group sessions with other recovering addicts.

"I think hearing other people's problems, sometimes you realize yours aren't as bad as you think," she said. "I get feedback from the other members."

Clients in the methadone program are required to attend the group sessions, along with regular meetings with a counselor and the program physician.

Each morning, they arrive at the clinic to receive their dose of methadone, which comes in a dissolvable tablet dropped into juice.

Most are required to take the dose at the nurses' station. Others, who have

stayed off of opiates for an extended period of time, are able to take their dose home with them in a lock-box.

Relapses do happen, McKnight said, explaining that opiates are among the most difficult drugs to kick for good. But, she added, things learned in treatment make it difficult to get completely lost in that addiction again.

"[Clients are] sitting in groups, you're hearing other people, you're seeing people who have been where you're at," she said. "So even if they go back to using, it's not the same as before you were ever in that type of recovery environment."

Coleman, who walks to the program for treatment every day, said she owed her recovery to the caring staff of the substance abuse program.

gram.

The treatment she has received has helped her gain enough stability that she will soon be reunited with her 8-year-old son, Isaiah, who has been living with Coleman's parents in Texas. He is set to arrive in Waukegan on May 24 to live with his mom.

As she sat in the lobby of the Substance Abuse Program center, putting her thoughts on paper and reflecting on how far she has come, Coleman said the program had helped bring her back from a dark place.

"I don't have everything financially, and I still struggle financially, but I'm so happy and peaceful within to know that I have my soul back," she said. "And that means more to me than anything money can buy."



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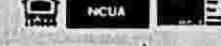
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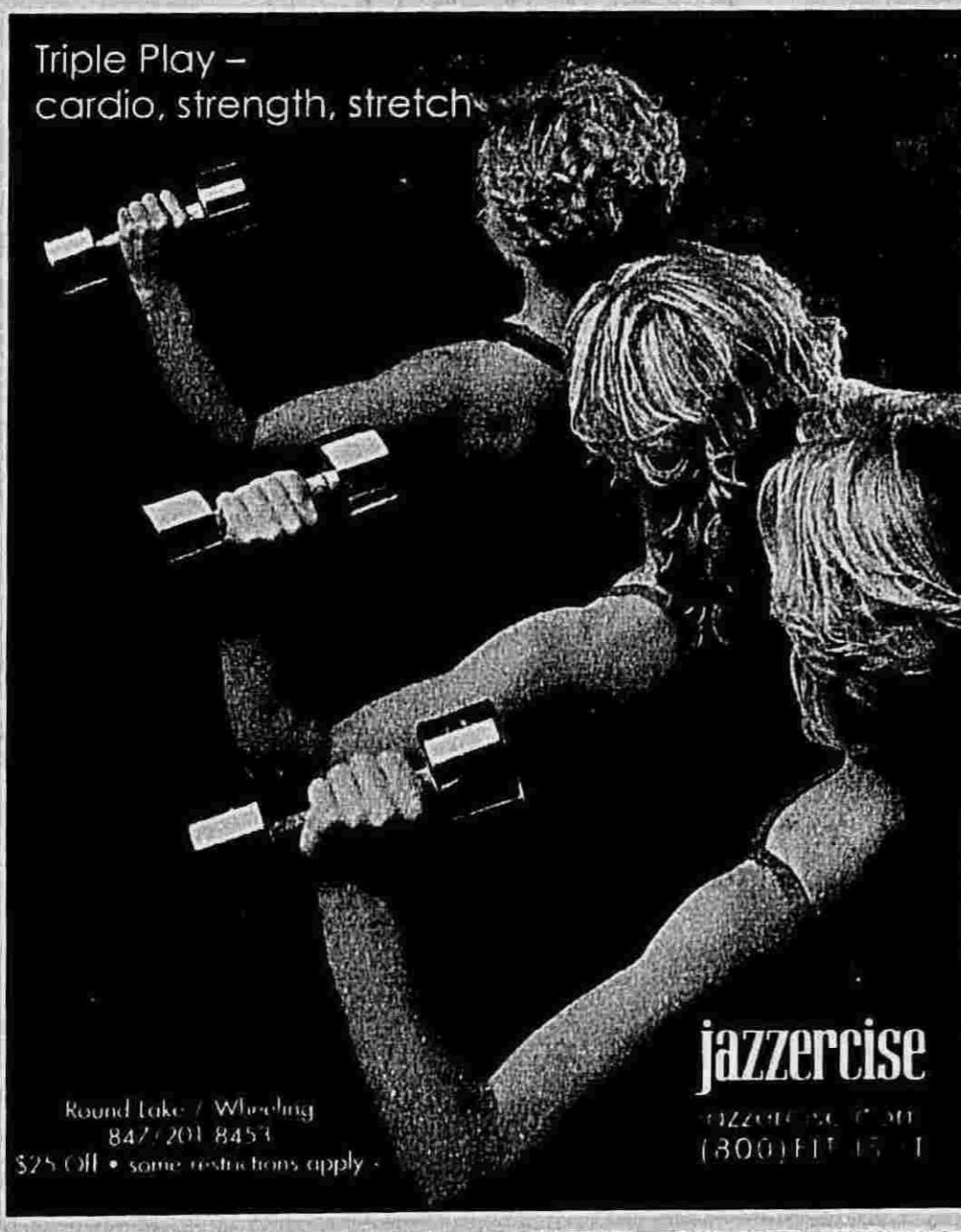
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OBITUARIES

WILLIAM M. PETERSEN

Died: April 17, 2007

Loved to travel especially to Las Vegas and on cruises

KENOSHA, WIS. — William M. Petersen, age 71 of Kenosha, Wis., and formerly of Third Lake, died Tuesday, April 17, 2007 at Harmony Living Center in Kenosha, Wis.

Bill was born in Evanston, to the late Frank and Helen Petersen and served his country in the Marines.

Survivors include his children Paula (William) Borchardt and Todd Petersen; his grandchildren; his siblings; his former wife, Victoria Petersen; and special friend, Anne Minkler. Bill's parents precede him in death.

The funeral was held at 10 a.m., on April 21 at Strang Funeral Chapel & Crematorium, in Grayslake. Inurnment followed at Highland Memorial Park in Libertyville. Friends of the family visited from 4 to 8 p.m., on April 20 at the funeral chapel. The family wishes to extend heartfelt appreciation for the special care given to Bill at St. Joseph Home for the Aged, Harmony Living Center, and Dr. Trimark's office. Please sign the Guest Book at www.LakeCountyJournals.com/obits



the Burnett-Dane Funeral Home in Libertyville. Please sign the Guest Book at www.LakeCountyJournals.com/obits

JAMES EDWIN BROWN

Born: Sept. 28, 1943

Died: April 11, 2007

Received a civil engineering degree from the Chicago Technical College

LIBERTYVILLE — James Edwin Brown, age 63, of Libertyville, died Wednesday, April 11, 2007 at the Condell Medical Center. He was a member of the United Methodist Church in Libertyville.

Surviving are his wife, Judith Norel Brown; four children, Sandra Brown of Irvine, Calif., Wendy Brown (Ted Hazelgrove) of Grayslake, Jason (Cathy) Brown and Sean Brown, both of Libertyville; six grandchildren; his brother and a sister-in-law. He was preceded in death by his parents, Hubert and Carrie Brown and by a brother.

Visitation was from 10 a.m. until the time of services at 11 a.m., April 21 at the United Methodist Church in Libertyville. Memorial contributions can be made to Condell Hospice, 115 W. Church St., Libertyville, IL 60048. Arrangements were handled by the Burnett-Dane Funeral Home in Libertyville. Please sign the Guest Book at www.LakeCountyJournals.com/obits

DOROTHY M. WENNERSTEN

Born: June 2, 1921

Died: April 17, 2007

Was a member of St. Paul Lutheran Church in Round Lake Park

ROUND LAKE PARK — Dorothy M. Wennersten, age 85, of Round Lake Park, died Tuesday, April 17, 2007 at her home. She was born in Birchwood, Wis., to John and Essie Lackey.

Survivors include her children, Loren (Barbara) Wennersten of Niles, Darrell (Mickey) Wennersten of Lake Villa, Nancy (John) Sloan

of Orange Park, Fla., and Kathy (Scott) Murphy of Woodland, Calif.; her seven grandchildren; her eight great-grandchildren; her one great-great-grandson; her brother; and her very good friends Ray and Leda Nofsinger. Her husband of 59 years, Loren and aforementioned parents precede her in death.

A memorial service was held at 2 p.m., on April 21 at Strang Funeral Chapel & Crematorium in Grayslake. Interment was privately held. Friends of the family visited from 1 p.m., until the time of service.

In lieu of flowers, memorial contributions may be made to Save-A-Pet, 31664 N. Fairfield Rd., Grayslake, IL 60030. Please sign the Guest Book at www.LakeCountyJournals.com/obits

PATRICK L. MONAHAN JR.

Born: Jan. 7, 1979

Died: April 17, 2007

He played football with Warren Township Youth Football and Libertyville High School

GURNEE — Patrick L. Monahan, Jr., age 28 of Gurnee, died Tuesday, April 17, 2007. He was born in Waukegan to Patrick Monahan, Sr. and Charlotte Boesch.

Survivors include his parents Patrick Monahan, Sr. and Charlotte (Robert) Boesch; his grandparents, Michael and Elizabeth Richards; his siblings, Jennifer (Brian) Berg, Chris Boesch, Becky Boesch, Scott Boesch, and Bobby Boesch; his nephews; and his many aunts, uncles, and cousins. His grandparents, Howard and Laura Monahan precede him in death.

A memorial service was held at 1 p.m., on April 22 at Strang Funeral Chapel & Crematorium, in Grayslake. Friends of the family visited from noon until the time of service. Interment was privately held. In lieu of flowers, memorial contributions may be made to Children's Hospital of Wisconsin, Mail Station 3050, P.O. Box 1997,

51st thru 100th \$250 Cash

51st thru 100^{th</sup}

OBITUARIES

Continued from 14A

collecting Nativity sets and knitting Christmas stockings

ANTIOCH – Betty Sutcliffe, age 80 of Antioch, passed away on Friday, April 20, 2007 at Thorek Memorial Hospital in Chicago. She was born in Chicago the daughter of the late William and Lydia (Mueller) Vanselow. She was one of the vice presidents and cashiers at the State Bank of the Lakes.

Survivors include her four children, Kathleen Wurster of Chicago, Carleen Wurster of Antioch, David Wurster of Rolling Meadows, and Doreen (Richard) Mitchell of Oak Park; her three stepchildren Barbara (Dick) Wolf of Antioch, Linda (Harry) Batts of Wood Dale, and Patricia (Dan) Wise of Genoa City, Wis.; her sister; her seven grandchildren, 15 great grandchildren, and two grand dogs. In addition to her parents she was also preceded in death by her husband, John Sutcliff; her ex-husband Carl Wurster; and her stepson, Jack Sutcliffe.

The funeral was held at 11 a.m. on April 25, at the Antioch United Methodist Church in Antioch. Graveside services followed at 2:30 p.m. in Memory Gardens Cemetery, in Arlington Heights. Visitation was held on April 24 from 4 to 9 p.m., at the Strang Funeral Home of Antioch, and at the church on April 25, from 10 a.m., until the time of the service. In lieu of flowers, donations may be made to the church for the stain glass window restoration. Please sign Betty's guestbook at www.strangfh.com. Please also sign the Guest Book at www.LakeCountyJournals.com/obits

SUSAN M. PRANKE

Born: Nov. 7, 1957

Died: April 14, 2007
A memorial service will be held at a later date

ANTIOCH – Susan M. Kreutzer Pranke, age 49, of Antioch, passed away on Saturday, April 14, 2007, as a result of an auto accident in Newton, Iowa. She was born in Libertyville, the daughter of Marian and the late, Claus Kreutzer.

She is survived by her husband, Drew; her children, Bob and Leah; her mother, Marian; her sisters and brothers; and many other relatives and friends.

Funeral Mass began at 10 a.m. on Friday, April 27, at Prince of Peace Catholic Church, 135 S. Milwaukee Ave. (Route 83), Lake Villa, (847) 356-7915. Interment was at Ascension Cemetery in Libertyville. There was no visitation. Family and friends were asked to assemble at the church at 9:45 a.m. on Friday, April 27. In lieu of flowers, memorials would be appreciated to: Memorial Fund for Robert and Leah Pranke, c/o Lake Villa Community Bank, 345 S. Milwaukee Ave., Lake Villa, IL 60046 or the Memorial to benefit Drew Pranke, c/o Consumer's Cooperative Credit Union, 2626 N. Route 83, Round Lake Beach, IL 60073. There will be a memorial service and gathering at a later date determined by Drew Pranke's (Lake County Sheriff Deputy) recovery progress. Funeral arrangements were handled by Ringa Funeral Home, in Lake Villa. Please also sign the Guest Book at www.LakeCountyJournals.com/obits

WALLY HERMAN

Born: Nov. 6, 1948
Died: April 21, 2007
Was the dedicated owner of Wildwood Service and Herman Brothers in Gages Lake

GAGES LAKE – Wally Herman,

age 58 of Gages Lake, passed away suddenly on Saturday, April 21, 2007. Wally was born in Waukegan on Nov. 6, 1948 to Eloise and Orvan Herman and Walter Rosenow. "I know Wally" was the common phrase when family and friends would encounter a "stranger" as it seems that just about everyone knew him.

Survivors include his sons, Michael (Jennifer) Herman and Chad (Cari) Herman; his grandchildren; his brother; his nephew; many aunts, uncles, and cousins; and far too many friends to list.

The funeral was held at 10:30 a.m., Friday, April 27 at Strang Funeral Chapel & Crematorium, 410 E Belvidere Road, in Grayslake. Interment followed at Warren Cemetery in Gurnee. Friends of the family visited from 3 to 8 p.m., on April 26 at Strang Funeral Chapel & Crematorium in Grayslake.

In lieu of flowers, Wally would be proud to know you made a donation to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105 or the Grayslake Rescue Squad, 160 Hawley St, Grayslake, IL 60030. Please sign the Guest Book at www.LakeCountyJournals.com/obits

LEO P. HANSEN

Born: May 7, 1938
Died: April 19, 2007

DES PLAINES – Leo P. Hansen, age 68 of Des Plaines, died Thursday, April 19, 2007 at Glenview Terrace Nursing Center. He was born in Chicago to Leo and Carolyn Hansen.

Survivors include his children, Eric Hansen of Hollywood, Fla., and Mary Hansen of Skokie; his grandchildren; and his sister. His father Leo and son, James precede him in death.

The funeral was held at 1 p.m.,

on April 26 at Strang Funeral Chapel & Crematorium, in Grayslake. Interment followed at Ivanhoe Cemetery in Ivanhoe. Friends of the family visited from 4 to 8 p.m., on April 25 at the funeral chapel. In lieu of flowers, memorial donations may be made to the Alzheimer's Disease Foundation, 4709 Golf Road, Ste 1015, Skokie, IL 60076. Please sign the Guest Book at www.LakeCountyJournals.com/obits

YVONNE MAE TORREZ

Born: Feb. 7, 1941
Died: April 22, 2007

Her dearly loved sister, Jean Drozek preceded her in death

MILLBURN – Yvonne Mae Torrez, age 66 of Millburn, died Sunday, April 22, 2007 at the University of Illinois-Chicago Hospital. She was born in Chicago to the late George and Flora Smith.

Survivors include her husband of 49 years, Frank; her children, Francine (Hung Chi) Tran, Doreen (Edward) Ruder, F. Richard Torrez, Christine Kerkman, Joseph Torrez, Michael Torrez, Sabrina (Michael) Lindsay; her grandchildren; and her three great-grandchildren. Her aforementioned parents and the sister she so dearly loved, Jean Drozek precedes her in death.

A Mass of the Resurrection will be held at 10 a.m., Saturday, April 28 at St. Gilbert Catholic Church, 301 E Belvidere Rd. in Grayslake.

Burial will follow at Highland Memorial Park at Libertyville. Friends of the family may visit from 4 to 8 p.m., Friday, April 27 and from 9 to 10 a.m., Saturday, April 28 at Strang Funeral Chapel & Crematorium, 410 E Belvidere Rd. in Grayslake. Memorial donations may be made to PKD Foundation, 9221 Ward Parkway, Ste 400, Kansas City, MO 64114 or at www.pkdcurc.org Please sign

the Guest Book at www.LakeCountyJournals.com/obits

ANTHONY D. BELLACERO

Born: Jan. 22, 1926
Died: April 24, 2007
Served his country in the U.S. Navy during WWII

LAKE VILLA – Anthony D. Bellacero age 81, a longtime resident of Lake Villa, died Tuesday, April 24, 2007 at the Condell Medical Center in Libertyville. He was born on Jan. 22, 1926 in Altoona, Pa., to Pasquale and Rose (nee Tomeo) Bellacero, and was united in marriage to Bridget Murphy on June 26, 1948 in Canada. He enlisted in the U.S. Navy in 1943 and served his country during WWII and after for 20 years before his retirement in 1963. He was a member of the fleet reserve, and was a kind and loving husband, father, grandfather and great grandfather.

He will be greatly missed by: three children: Betty (Ron) Anderson, Pat (Marilyn) Bellacero and Cathy (Richie) Brodie; one sister, Catherine Roscia; 10 grandchildren and 19 great-grandchildren, and several nieces and nephews. He was preceded in death by his wife.

Visitation was held on April 25, from 5 to 9 p.m. at the K.K. Hamsher Funeral Home 12 N. Pistakee Lake Road, in Fox Lake, (The Chapel On The Lake), where funeral services were conducted at 10 a.m. on April 26. Burial followed at Ascension Cemetery in Libertyville. Memorials may be made to the family C/O P.O. Box 292, Fox Lake, IL 60020. Please sign the Guest Book at www.LakeCountyJournals.com/obits

**>>CRIMESTOPPERS****Ingleside**

Lake County Crime Stoppers and the Lake County Sheriff's Office / CID are seeking information regarding a theft.

On Jan. 24, the Lake County Sheriff's Office received a report of a stolen 2004 Yamaha 4-Wheeler, Model WFZ450, white and candy apple red, Serial No. JY4AJ11Y64C021062, that was stolen from 35002 N. Lake Matthews Trail, in Ingleside. The complainant reported that the Yamaha 4-Wheeler was stolen sometime during the midnight hours between Jan. 23 and Jan. 24. The value of the 4-Wheeler is approximately \$4,500. We are looking for anyone with information regarding this incident or any other similar incident within Ingleside or the surrounding area.

Lake County Crime Stoppers and the Lake County Sheriff's Office/CID would like to remind everyone to call when suspicious activity or a suspicious person is observed, and do not try to confront suspicious subjects yourself.

If you have any information about these crimes or any other felony crimes or felony fugitives, contact Crime Stoppers at (847) 662-2222. Also, abuse of the elderly is a crime, so let's not forget to report this type of crime as well.

If your information leads to an arrest you could be eligible for a cash reward of up to \$1,000.

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April 26th, 2007

Businesses host 'Take Our Daughters And Sons To Work Day'

LAKE COUNTY JOURNALS

Take Our Daughters And Sons To Work is a national public education program that connects what children learn at school with the actual working world.

This year, the event took place on April 26.

By accompanying their

parents and guardians to the workplace, girls and boys across the country discover the power and possibilities associated with a balanced work and family life.

Launched by the Ms. Foundation for Women in April 2003, Take Our Daughters And Sons To Work broadened the discussion

about the competing challenges of work and family. Designated for the fourth Thursday of April each year, the program's accompanying curriculum takes what boys and girls learn in the workplace on Thursday and apply it to their classroom studies on Friday.

By involving whole com-

munities – schools, girls and boys, parents, workplaces, and mentors – the program helps young people make connections between what they learn in school and their future goals.

A child who knows her father is an engineer might not know what his work entails. When a child states

his mother is a pharmacist, does he understand the intricacies of her work? These are the topics Take Our Daughters And Sons To Work aims to address. The intention is to enlighten children on the work their parents and guardians to every day and motivate them to begin to imagine

Interactive workplace activities encourage girls and boys to think now about how their dreams – both for their work and family lives – can be achieved.

For more information on how you can celebrate work, family and education in your community, visit www.daughtersandsonstowork.org.

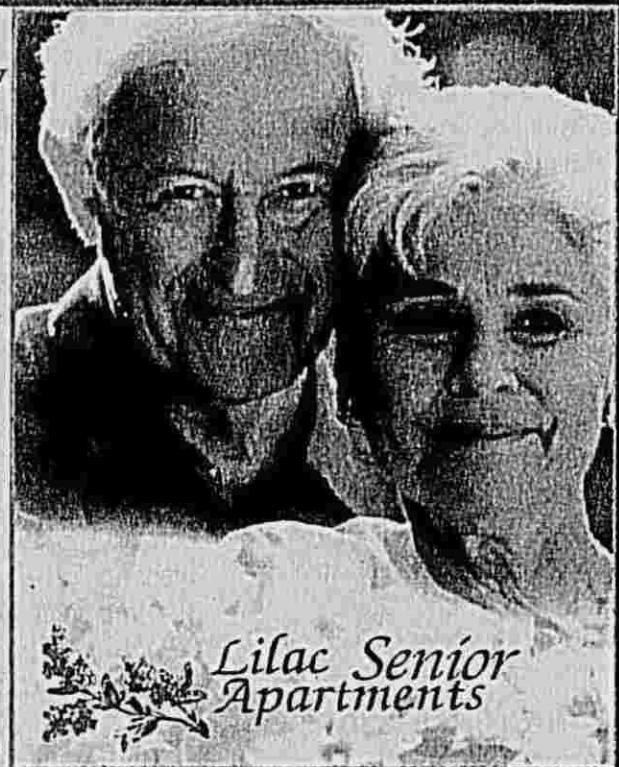
Zoie and Hannah will be on hand Friday to help mom Brandi, property manager at Lilac Apts.



Zoie, age 4
Hannah, age 1

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Opinion

Edition of April 27-May 3, 2007 ALL • Page 17A

>> OurView

No answers for acts of evil

Liviu Librescu survived the Holocaust to become a respected aeronautics engineer who taught at Virginia Tech.

Last week, Librescu was one of 32 people killed by 23-year-old Cho Seung-Hui. Students said Librescu, 76, blocked the doorway to his classroom as they opened windows to escape.

Librescu's story is one of dozens being told in the aftermath of the worst mass shooting in modern U.S. history. The numbers that had been reported slowly were replaced with human faces and tragic tales in the days after the shootings.

What happened occurred on such a massive scale that the nation needs to mourn and come to terms with this overwhelming event.

This is a time for unity. Unfortunately, some already have trotted out tired political rhetoric.

This isn't a time for gun control advocates, or culture warriors, or gun rights supporters. Public policy debates should not be driven by emotion in the immediate aftermath of such a horrific event.

>> PartyLines

Bean honors youths' efforts for National Volunteer Week

U.S. Rep. Melissa Bean recently participated in National Volunteer Week events in Lake, Cook and McHenry Counties to recognize volunteers in her district. The Barrington Democrat also honored some of her young constituents for their outstanding service.

Addressing the Lake County After School Coalition Youth Empowerment Summit recently, Bean helped the organization's initiative that encourages seventh- and eighth-grade students throughout Lake County to recognize the significant role they can play in making their communities a better place to live.

The students participated in a series of activities during the day-long summit that focused on developing leadership and organizational skills to motivate other teens in advancing healthy choices.

Bean singled out some of her own young constituents who have donated their time, creativity and energy. They included Brittany Metz, 17, of Mundelein, a distinguished finalist and recipient of the bronze medallion from Prudential Awards. Metz started a leadership program at her school to replace student council and include community service and student outreach.

Jason Redford, 10, of Gurnee, also was honored. He started Operation Talk to a Troop to encourage school kids to write hundreds of letters of appreciation to our troops overseas.

Remembering 'Rock'

Tributes continue for the late Rodney "Jim" Swift Rockenbach, who had been Grayslake Fire Chief and Avon Township trustee.

"I remember going to the Fire Service Institute and he was an instructor," said Barry Henby, battalion fire chief in Gurnee. "He

It's also not a time to preach about America's cultural decline. We already have heard more than enough empty statements from talking heads about how American society has become much more violent, despite the fact that the FBI's violent crime rates hit historic lows in the U.S. during the 1990s and remained flat until 2005.

This is a time to remember and honor the dead, to praise people such as Librescu and to tell their stories. And it is a time to try to determine what happened. The truth is, we likely never will know the whole why.

Cho was as a troubled loner who left a rambling note. But you won't find any ultimate answers in Cho's writings.

A seven-page note cannot explain why someone indiscriminately kills 32 people. It is impossible to explain the inexplicable.

Rationally, it makes sense to search for such answers; a massive tragedy should mean something. It must be the culture. Or a lack of gun control. Or something.

But, maybe it's just that Cho was insane. Or, even worse – evil.

>> First Amendment

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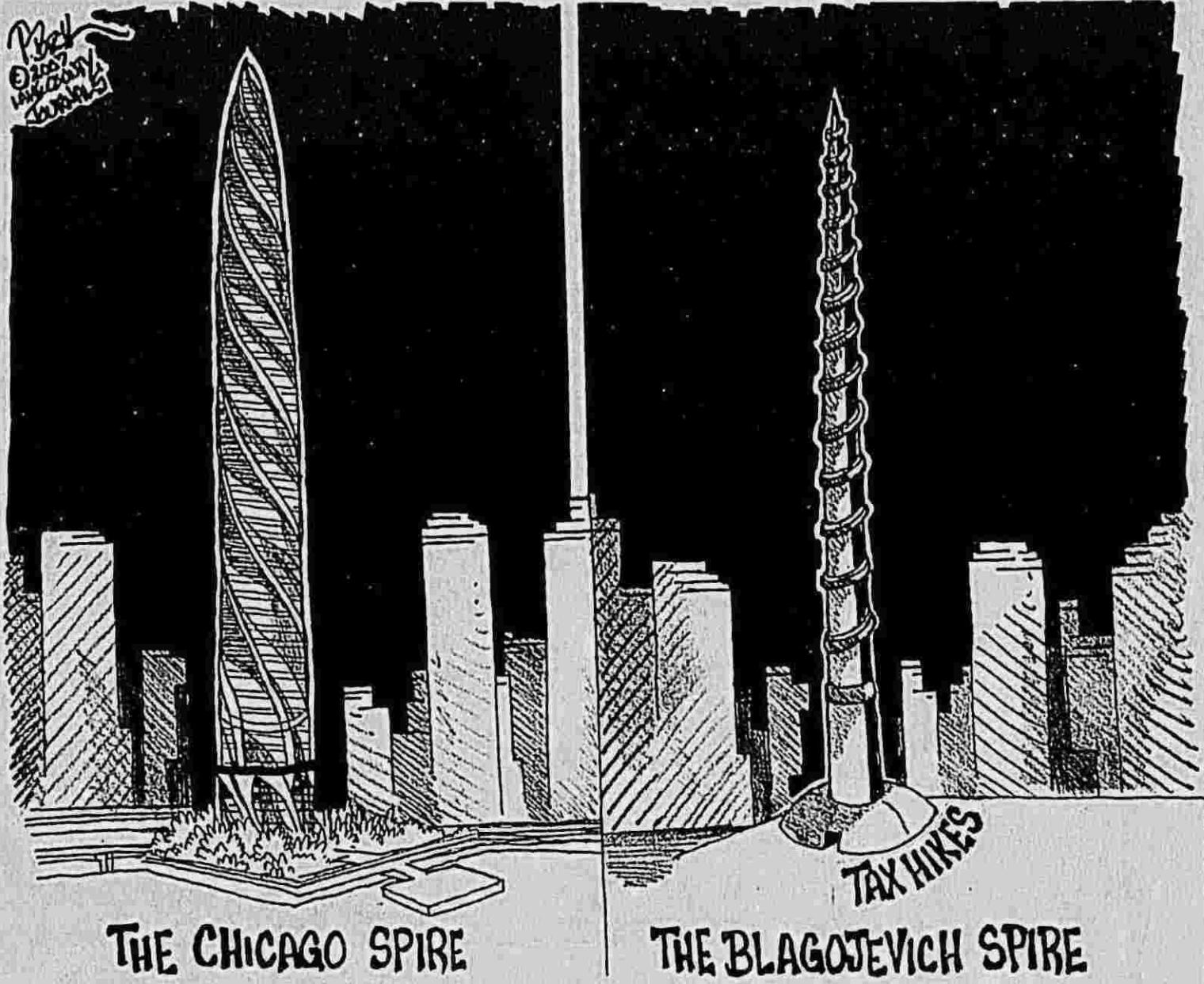
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Support Vista plan

To the Editor:

There's something for everyone in Lake County, from picturesque rural communities to highly developed urban centers and tourist attractions. During the last five years, the county's population has increased by 9 percent. By 2020, projections put the population of Lake County (currently 702,682) at more than 800,000 residents.

Our community needs access to more health care services to support this projected growth. Vista Health System's plans to enhance its existing services in Waukegan and build a new medical center in Lindenhurst would meet our county's growing and changing health care needs, create more jobs and stimulate economic growth to match our population's growth.

Lake County needs the kind of care I received when I recently had minor surgery at Vista Medical Center East. The doctors and nurses were attentive and knowledgeable, and I felt very comfortable during my stay. I fully support Vista's plans to meet these needs in our booming Lake County communities. I am supporting a new hospital in

Lindenhurst, and expansions to the existing facilities in the Waukegan community.

I hope you'll join me in supporting Vista's plans to ensure that all Lake County residents have access to health care services.

Suzi Schmidt
Chair Lake County Board

Reform school funding

To the Editor:

On April 17, voters in many communities across the state were asked to pay an even greater share of the school funding bill, often without success.

In Lake County, four out of five referendums failed.

It is difficult to blame homeowners, who feel they pay more than their fair share for education. Because they're right. Compared to other states, Illinois ranks 47th in its percentage share of school funding, leaving local property owners with most of the bill.

This year there is a window of opportunity for our governor and the General Assembly to change the way schools are funded in Illinois, and end the decades-long cycle of skyrocketing property taxes and underperforming schools. It's going to take

Letters to the editor

We welcome original letters on public issues. Letters must include the author's full name, address and day and evening telephone numbers.

Keep letters short; no more than 300 words.

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some courage on the part of businesses and taxpayers to risk finding a better, fairer way.

Voters must contact their state representatives and senators and urge them to support a statewide reform package that improves both the funding and quality (but also the accountability) of Illinois schools.

Working together, we can seize this moment and make the perennial referendum debate a thing of the past.

Chuck Crowley
Gurnee

Dear Grayslake Residents
To the Editor:

I wish to express my deepest gratitude for giving me another opportunity to serve our community

on the Village Board. I especially want to thank my network of volunteers and supporters who worked so hard to make this election possible.

I enjoyed meeting and talking to many of my fellow neighbors and residents. I appreciate all the positive feedback and genuine concern I received from many residents who want Grayslake to continue to be a great place to live and raise a family. I hope to establish a relationship with even more residents in the next four years. Please feel free to get in touch with me for any reason. Enjoy your summer and I hope to see you around town.

Rhett Taylor
Grayslake
trusteetaylor@hotmail.com

>> SeeingItThrough

Interest rates as burdensome as taxes



John S. Matijevich

When you piece everything together, is there anything different in this scheme than the savings and loan scandal of years gone by? And wasn't it the taxpayers who bailed out the wrongdoers after that humongous scandal?

I remember the good old days when most of us believed that banks were there to help families to save. They denied loans until they were assured that people could afford the loans. Somewhere along the line things changed.

When the financial institutions learned that they could make a faster buck by teaching their customers to spend rather than save, everything sort of ballooned after that.

There are those who hail the decade of the housing boom as proof of a strong economy. If lending institutions continue to make such precarious loans, just as in the savings and loan scandal, not only will ordinary people be wiped out, but many financial institutions will suffer, too.

Will the taxpayers have to bail them out again? Let's not take it with a grain of salt as we did the last bailout.

John S. Matijevich writes a weekly column for the Lake County Journals.

>> SnapShot

"What are some things that you do to help the environment?"



"We buy those [energy-saving] light bulbs. And I do river clean ups."

Maggie Bodame
Gurnee



"I get rid of the oil from my car and take it to a distribution center."

John Moody
Lindenhurst



"We dispose of old cell phones so they don't harm the environment."

Brian Pokrywa
Wauconda



"Recycle, turn the heat down [and] use those efficient light bulbs."

Lee-Ann
Wauconda

With the state of Illinois mired in deep financial doo-doo, and everyone knowing that some sort of tax increase is inevitable, I have been asked which tax would be the best.

It's like being asked which is the lesser of two evils, the state income tax or Gov. Rod Blagojevich's gross receipts tax. Under the premise, both are evil, and taxpayers will not support any increase.

In either case, tax burdens shift downward to the consumer. If the state income tax were properly

enforced against corporate income by closing the loopholes, and there was a comparable shift toward property tax relief, that would be fairest to the average taxpayer.

There is no such thing as a great or best tax, only one that is the fairest to fit the particular circumstance.

Something should be said here, I think, about what is the most unfair tax overall, even though it is not a tax at all. That overly burdensome tax is high interest rates. It isn't a tax because none of it goes toward funding any level of government.

High interest rates might as well be called a tax. They make it difficult to drive down a principal when so much of your payment goes toward paying the cost of interest.

As the saying goes, "Beauty is in the eyes of the beholder." To those

who save with certificates of deposits and other investments, they enjoy the benefit that high interest rates accrue to them. But, to the many who are negatively impacted, high interest rates are worst than ugly.

It's no wonder that the housing boom has gone bust. When mortgage houses, banks, lending institutions, and predatory lenders began to offer mega-loans to people with no money down, and to buyers with little ability to pay, it was a recipe for disaster. All around the country, we can see the bottomless pit that many consumers, by the greed of others, have fallen into.

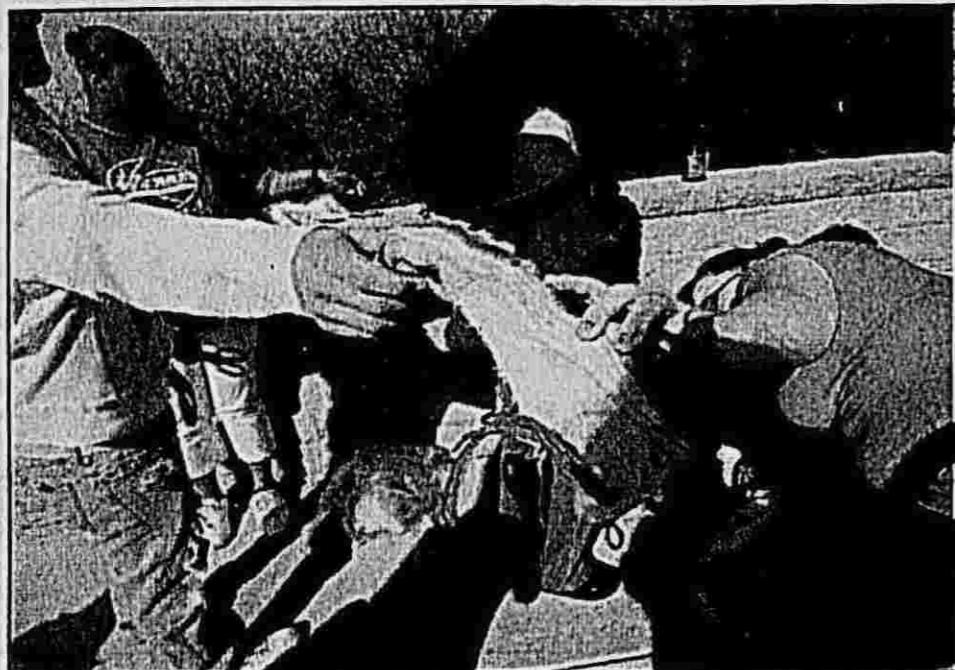
It has become a vicious cycle. A homeowner can't afford a mortgage payment and loses out altogether. The predatory lender forecloses and turns around to find another buyer, or shall I say a sucker, who also will not be able to pay the fees and mortgage on an often overvalued property. What a devious merry-go-round.

Will the taxpayers have to bail them out again? Let's not take it with a grain of salt as we did the last bailout.

John S. Matijevich writes a weekly column for the Lake County Journals.



Little Miss Wadsworth 2006 Ashleigh May, 2005 Cassidee Guthrie, 2006 Jr. Miss Wadsworth Erin Inman and 2006 Ambassador Jennifer Vanko help clean a stretch of Dilley's Road in Wadsworth on April 22.



Warren Township High School environmental studies students sort donated gym shoes as part of the Reuse-A-Shoe program sponsored by the school's environmental studies classes. Nike will grind the recycled shoes to use as playground surfaces and athletic courts.

Sandy Bressner - sbressner@nwnews.com



Sandy Bressner - sbressner@nwnews.com

Chris Hironimus drags a bucket of sod to his truck during the Village of Lindenhurst's annual Earth Day event. Mulch, sod and firewood were available to event-goers at no charge.

Earth Day 2007



Sandy Bressner - sbressner@nwnews.com
Laura Herrick, of Round Lake, gives her son, Andrew, 1, and her new tree a ride in a stroller during the Village of Round Lake's Arbor Day celebration.



Sandy Bressner - sbressner@nwnews.com
Free trees were available to the first 50 families registered during the Village of Round Lake's Arbor Day celebration.

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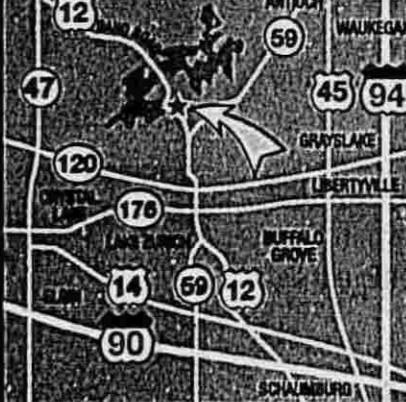
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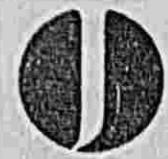
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SECTION B

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>> BestBets

ANATOMY OF A GALLERY: The International Museum of Surgical Science introduces two new exhibits that open Friday, May 4.

SHACK OF MUSIC: The Shack in Mundelein presents the band Redshirt on Friday, April 27, and the band Planet Groove on Saturday, April 28.

Details for BestBets events on page 6B

SELF-DEFENSE: Contours Express in Mundelein will host a beginner-level self-defense seminar for women 14 and older on Saturday, May 5.

INSIDE

>> ElementsOfTheRidiculous

Cable confusion

Columnist Jana Thompson shares her adventure about trying to get cable and Internet installed in her home.

PAGE 9B

>> SpecialExhibit

Dinosaurs take over

Ever wonder about the large dinosaurs that used to roam the earth? Then experience the new dinosaur exhibit at The Field Museum through Sept. 3.

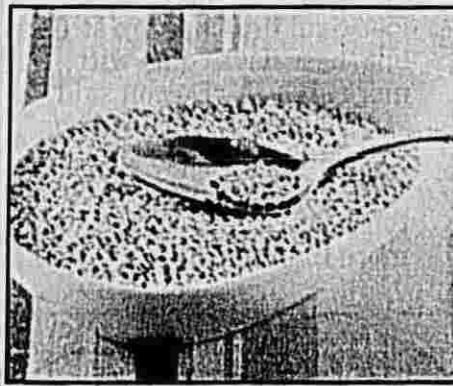
PAGE 4B

>> Out&About

Calendar

Looking for something to do in Lake County or the Chicago area? Check out the calendar for events and activities.

PAGE 6B



>> RelishTheAmericanTable

A new kind of rice

Quinoa might be small, but it's big on taste. Try these healthy, tiny grains in place of rice for any meal.

PAGE 8B



>> OnStage

'Cynical Weathers'

"Cynical Weathers" tells the story of a man struggling to balance religion and politics. The play is staged through May 13.

PAGE 3B

Reaching for the sky



Sandy Bressner - sbressner@nwnews.com

Ten-year-old Amina Mayfield, of Waukegan, releases her kite in the wind, as her dad, Mike, holds the end of the kite string during the Waukegan Park District's Flying 4 Kids kite-flying event. The program had a sunny, breezy day at Belvidere Park on Saturday, April 21.

Residents raise kites to help raise awareness

By JESSICA JACOBSEN
jjacobsen@nwnews.com

Mother Nature let the sun shine bright and kites fly high last weekend, which brought smiles to many faces.

With temperatures in the 70s and a strong breeze, kids and families made their way to the Waukegan Park District's Flying 4 Kids event, which took place on April 21.

From 1 to 2 p.m., visitors were able to fly kites at Belvidere Park. They also were able to make their own kites.

Amina Mayfield, 10, was among the participants who made kites to fly. Mayfield said she learned about the program from her dad. Because her dad works at the park district, Mayfield has attended the event before.

"It's kind of fun," she said.

Joanna Ramirez, 6, said she came because it was windy, and she wanted to fly her My Little Pony kite. But that wasn't the only reason



Sandy Bressner - sbressner@nwnews.com

Isaiah Humes, 7, runs and launches a kite he made during the Waukegan Park District's Flying 4 Kids kite-flying event on Saturday, April 21, at Belvidere Park.

the Waukegan resident wanted to enjoy the spring day.

"[I'm going to] play in the park," she said.

Lara Wahlbeck, Waukegan Park District

recreation specialist for youth and teen activities,

said that during the two

years she has been with the

park district, the event has

"Last year, I think we had about 15 or 20 people out here," she said.

This year, there were not

as many people early on, but many more turned out later

“

[The Flying 4 Kids event] is to basically raise awareness of youth programs at park districts.

Lara Wahlbeck
Waukegan Park District recreation specialist

”

to enjoy the statewide event, including Pat Tomkins, 50, of Waukegan.

As Tomkins flew a kite that Saturday afternoon, he said he came out with his family because "it's cheap and it's fun."

Wahlbeck said the program is part of the Illinois Park and Recreation Association, so other park districts participated in the event that day as well.

"It's to basically raise awareness of youth programs at park districts," she explained.

INSIDE SPORTS



Kevin Kaduk

>> Views

Columnist Kevin Kaduk says that former Chicago baseball star Sammy Sosa has a selective memory when it comes to fan perception, as Sosa said he has never been booed by fans before.

PAGE 12B



>> PrepSports

Grant on top

Grant High School looks to improve its fourth-place team finish at state last year, and seems to be on its way with a win at a nine-team invitational.

PAGE 18B

>> QuickHitters

Athletic spotlight

Grant's Kariann Hill hits a grand slam at just the right time, while Antioch's Bjorn Jaranson drives in five runs to rub the salt in.

PAGE 10B

>> GameOfTheWeek

Grayslake Grapple

Baseball fans are in for a treat, as Grayslake Central takes on crosstown rival Grayslake North.

PAGE 10B

>> DiningOut



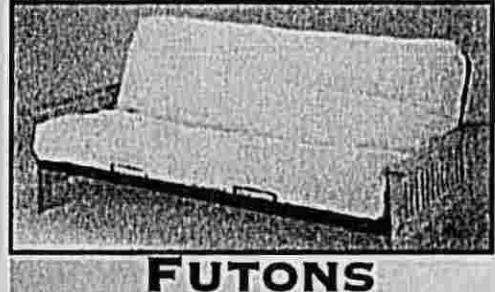
Sandy Bressner - sbressner@nwnews.com
Two-year-old Reese Hendrickson checks out some of the sugary offerings at Sweet Susie's in downtown Grayslake. See the story on page 7B.

SPRING INTO APRIL

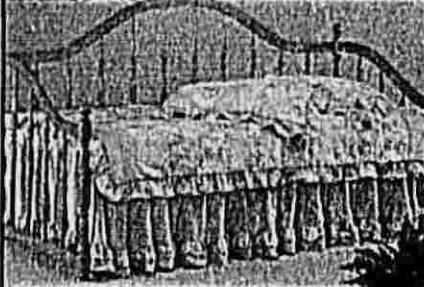
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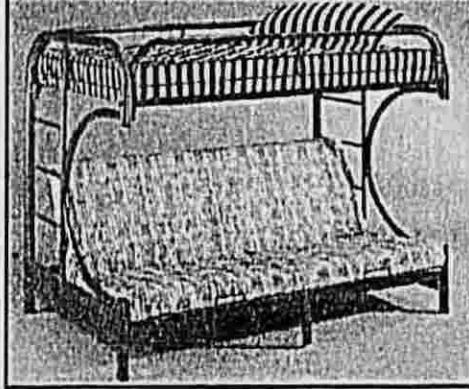
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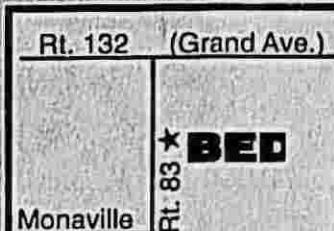
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Find a 'suiting' look

Bathing suits fit
every body type

By GENEVA WHITE
gwhite@nwnewsgroup.com

"When did my thighs start
jiggling?"

"I didn't have this gut a
year ago."

"My butt! I can't look at
my butt!"

"Oh forget it! I'll just wear
a tarp to the beach this summer."

When swimsuit season
approaches, this often is an
unfortunate scene in women's
dressing rooms. But it doesn't
have to be. The latest bathing
suit styles offer something for
every shape.

Color, color and more color

Fashion experts say bright
colors and fun patterns will
be big in swim wear this sum-
mer. So ditch the itsy-bitsy
part of the bikini and keep
the yellow polka dots. Watch
for plenty of yellow, orange,
coral, fuchsia, lime green and
turquoise, said Laura
McDowell, fashion spokes-
woman for TJ Maxx. Funky
geometric patterns, florals
and animal prints also are
popular, McDowell said, as
well as nautical colors, such
as navy blue, red and white.

Metallics also are in, with
suits boasting silver and gold.

"Gold looks good on almost
every skin tone," said Anne
Hankey, assistant academic
director for fashion market-
ing and management at the
Illinois Institute of Art in
Schaumburg. "Silver is a lit-
tle harder to pull off."

White is another big color
this year, Hankey said. But
like silver, it is difficult to
wear unless you're thin and
tan.

Then there's the tradition-
al black suit, which never
goes out of style.

Tankinis to tunics

The tankini, a two-piece

Suit dos and don'ts

- DON'T try boy shorts unless you have a thin frame.
- DO wear tops that have as much support as a bra if you have an ample bustline.
- DON'T wear swimsuit bottoms that allow your rear end to peek out.
- DO try a tankini. They can give you the comfort of better coverage and the fun of a bikini.
- DON'T wear a white swimsuit if your skin is pale.
- DO pair fun flip-flops and wedges with your suit.



swimsuit offering better cov-
erage than the traditional
bikini, remains in style.
Before tankinis, women who
feared showing their midriffs
were limited to one-piece
suits.

extra coverage to make her
feel comfortable."

And as important as a bot-
tom that fits is a top that does
the same. Women with ample
bustlines need to wear
bathing suit tops that offer
support.

"If you have a large chest,
you should not be wearing
teeny, tiny bikini tops that
don't have an underwire,"
Hankey said. "You should be
wearing a bathing suit top
that's just like a bra and
offers support."

Having the latest style of
swimsuit will do you little
good if it doesn't fit properly,
experts say.

"It's not just something
that's cute and trendy,"
Hankey said. "It should be
something that looks good on
your body and accentuates
your positives."

Think outside the flip flop

For beach and pool
footwear, flip flops are still in,
but these days come with
more style, McDowell said.

"They're not just rubber,"
she said. "They're leather.
They can have sequins on
them, or rhinestones. They're
more than just a beach shoe."

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Iconic play comes to Chicago

"Stella!" might be one of the most famous cries to echo in theaters for decades.

And now, the play that revolutionized American Theatre, Tennessee Williams' "A Streetcar Named Desire," is getting new life through April 29 at the Metropolis Performing Arts Centre, 111 W. Campell St., in Arlington Heights.

The play allows viewers to become lost in the torrid life of Blanche DuBois, a former school teacher and socialite, as she's forced to move in with her pregnant sister Stella and Stella's brutish husband, Stanley. But the fragile ex-teacher quickly learns gritty life lessons in the seamy, steamy underbelly of 1940s New Orleans.

Perhaps one of the most famous American plays ever written, "A Streetcar Named Desire" debuted in 1948. Today, the play is considered an

Want to go?

What: "A Streetcar Named Desire"
When: 7:30 p.m. on Thursdays; 8 p.m. on Fridays; 7 p.m. on Saturdays; and 3 p.m. on Sundays, through April 29
Where: Metropolis Performing Arts Centre, 111 W. Campell St., in Arlington Heights.
Tickets: Cost \$29 to \$38
For more information: Call the Metropolis Box Office at (847) 577-2121, or visit www.MetropolisArts.com.

icon of its era. In 1951, a film of the play was made and starred Marlon Brando. The film won several awards, including a Best Actress Academy Award for Vivien Leigh, who played Blanche.

Colorful clothes take center stage

'Designs for Hope' fashion show takes place in Lake Villa

By TARA CLIFTON
tclifton@nwnewsgroup.com

Lamarr Pottinger seemed to enjoy himself at Kids Hope United's fashion show.

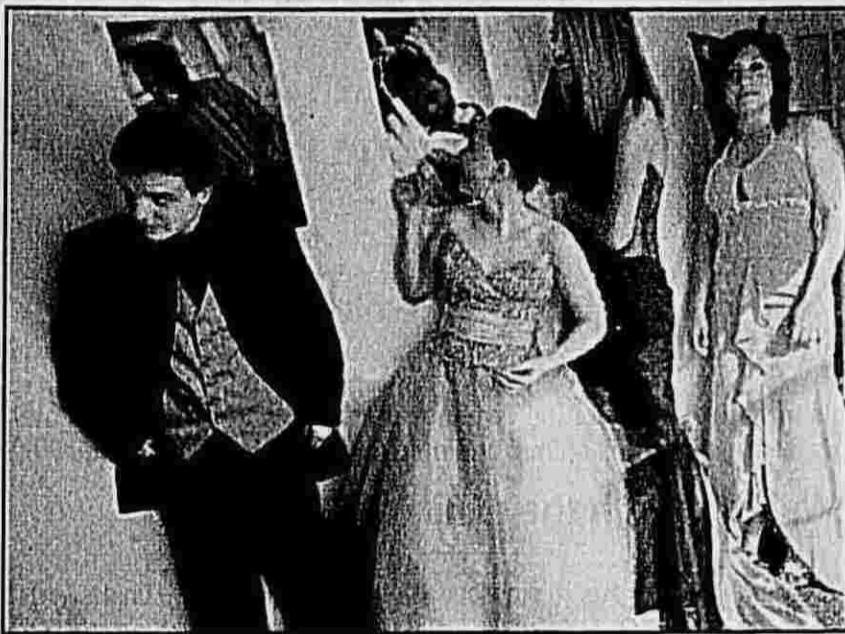
As one of the first models to walk the runway, the Antioch Community High School student performed a backflip, earning whoops and applause from the audience.

Kids Hope United hosted its fourth annual Designs for Hope Blue Ribbon Fashion Show last weekend at Lehmann Mansion. The show was part of an all-afternoon event that included a silent auction and refreshments.

The event raised funds to help raise awareness of child abuse and support Kids Hope United child abuse prevention services.

Before the fashion show started, Jennifer Evans, who served as emcee, pointed out the pale blue carnations sitting on each table.

The 300 flowers, she said, represented the number of children who would be abused



Chris Padgett - cpadgett@nwnewsgroup.com
Anthony Kimbrell, Elizabeth Tidel, Cassie Menke and Mona Gava wait to walk the runway in the Kids Hope United Fourth Annual "Designs for Hope" Blue Ribbon Fashion Show.

in one day.

"We have the power in our hands to affect these numbers," Evans said.

The amount of funds raised was not available at press time.

Pottinger wasn't the only model to have fun modeling in front of hundreds of people.

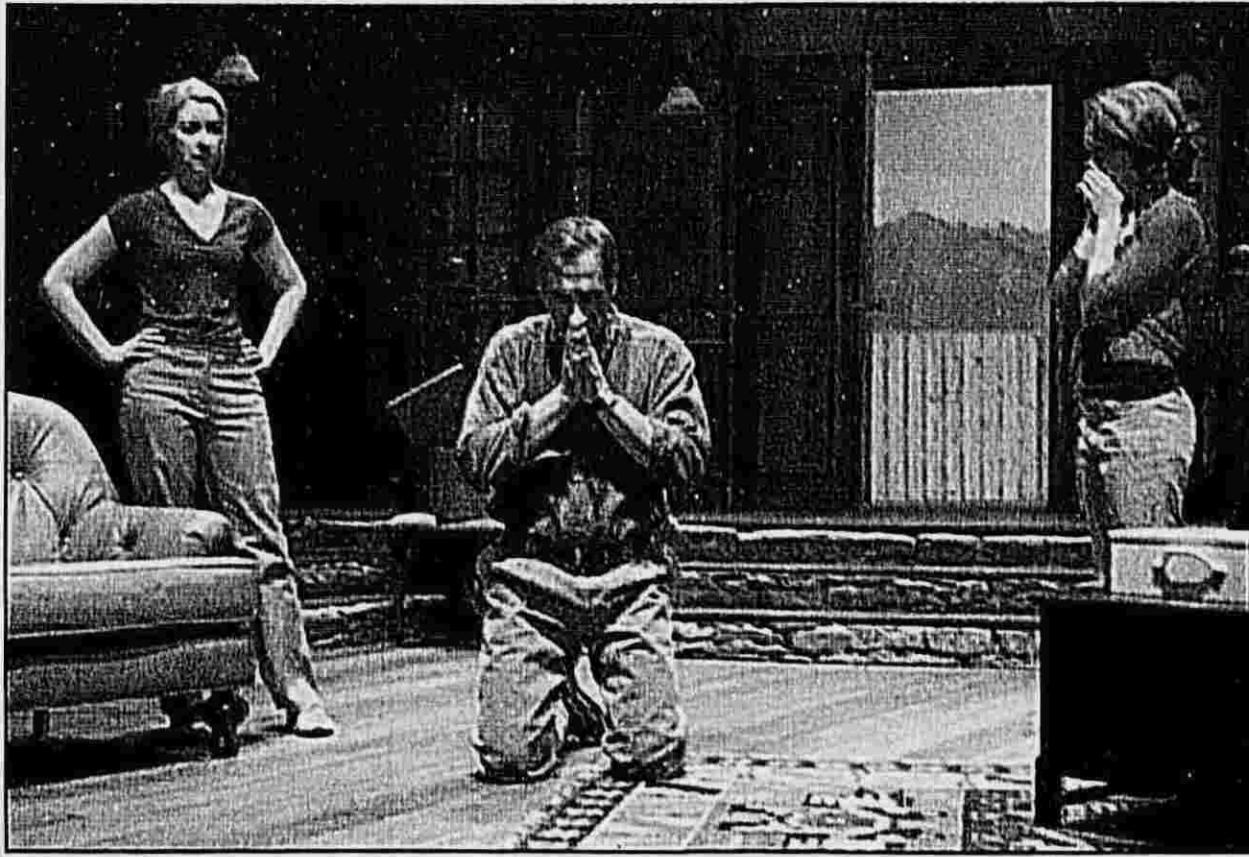
Anthony Kimbrell, who sported a black suit and cherry-red vest for prom, strutted down the walkway, smiling and stroking his chin as he pointed at people in the crowd.

The models were volunteers, ranging from Kids Hope United employees to high school students.

Retailers like Carson Pirie Scott, Cloud 9 Bridal, Lucy Q Children's Boutique and more provided the clothing modeled.

Celeste and Liana DiMaria, twin girls, wore Lucy Q flower girl dresses. They seemed to receive the most "Awws" from the audience because they shyly walked the runway with small smiles.

>> OnStage



(From left) Bethany Alexander, Tom Amandes and Lindsay Gould perform a scene from Douglas Post's "Cynical Weathers" at Victory Gardens Theater.

Politics, religion collide

By THOMAS WITOM
thomaswitom@yahoo.com

What: "Cynical Weathers,"
Where: Victory Gardens Theater at the Biograph, 2433 N. Lincoln, in Chicago
When: Through May 13
Tickets: \$20 to \$45
Show information: (773) 871-3000

As Post sees it, the encounter is a potent one.

Here's the setup: Dixon McDaniels (compellingly played by Tom Amandes), a conservative Republican congressman from Texas, finds himself backpedaling on a key environmental issue as support for the energy bill he proposes falls by the wayside.

A newly hired young press aide, Andrea (fervent Lindsay Gould), a dedicated evangelical convinced that "God's plan" for the end of the world - the final rapture - is at hand, steers the congressman in a faith-based direction.

Tickets, please

What: "Cynical Weathers"
Where: Victory Gardens Theater at the Biograph, 2433 N. Lincoln, in Chicago
When: Through May 13
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This puts him at odds with his liberal-minded wife, the sharp-tongued Cat (Bethany Alexander), a self-described agnostic and a scientist, whose research has her convinced that the time to act on global warming is now.

"I want to change everything," she argues. Her husband's waffling on the issue is unacceptable.

Dixon is unsure exactly which path to follow as an elected official. He looks to the Bible for answers, on the one hand, while he prepares to face "the full fury

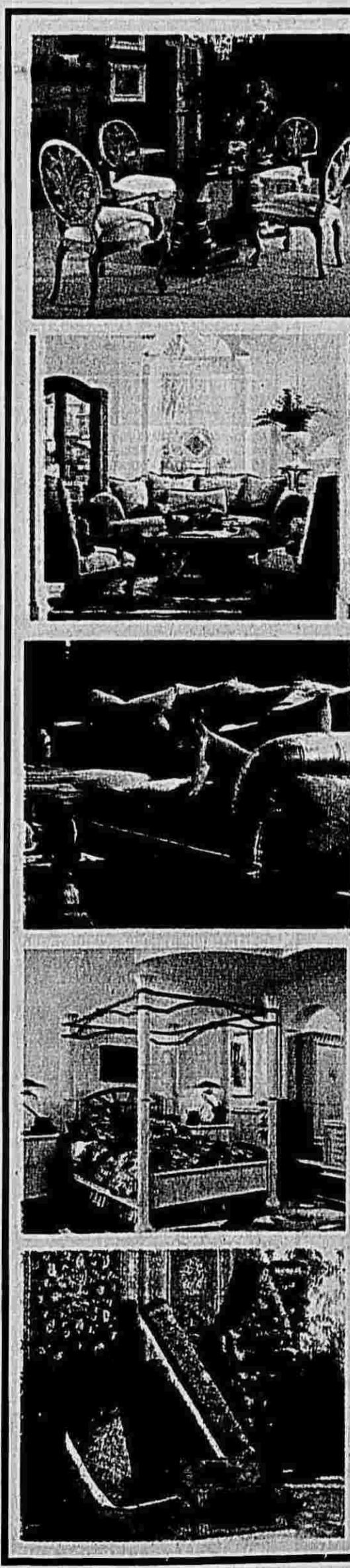
of the oil oligarchy" on the other.

The doomsday scenario is reinforced by news of a potentially devastating hurricane making its way toward southeastern Texas.

It forces a quick evacuation by Dixon, Cat, Andrea and two speech writers on the congressman's staff - Manny (Tony Castillo) and Lee (Ben Brooks Cohen), who are confounded with regard to which message their boss wants to convey.

The cast of "Cynical Weathers," directed by Dennis Zacek, does a respectable job, even if the play itself has some rough edges at the outset with pacing, and late in Act 2 with predictability.

But there's no complaint about Samuel Bell's handsome set design, an exquisite wood-paneled living room that takes full advantage of Victory Gardens' sweeping stage.



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Dinosaurs take over Field Museum

Experience a journey to the past

By KURT BEGALKA
kbegalka@nwnewsgroup.com

The Field Museum's newest dinosaur exhibit takes visitors to the shore of an ancient lake bed. This is what China's Liaoning Province looked like 130 million years ago.

Hear the call of the Cretaceous, including the buzz of insects and the sound of rippling water spilling into a pool filled with prehistoric fish. Winged dinosaurs soar above. Others crawl across a carpet of decaying bones and logs on the forest floor.

Welcome to "Dinosaurs: Ancient Fossils, New Discoveries," where a duck-sized dinosaur named *Mei long* - Chinese for "soundly sleeping dragon" - is curled up as though asleep, its head tucked under a forelimb. That is how today's birds sleep, said Peter Makovicky, curator of fossil amphibians and reptiles at the Field Museum.

Its discovery in 2004 gives credence to the theory that meat-eating "theropods" - with their short forelimbs and powerful hind legs - were ancestors of the first birds.

"Hopefully, it will give us knowledge about the world around us and help us interpret it," Makovicky said of the exhibit. "People are used to looking at this in the theater or on the Discovery Channel."

Hollywood can stretch the truth. *T. rex*, the dinosaur that keeps pace with a speeding Jeep in the movie "Jurassic Park," in fact would have been hard-pressed to top 25 mph. A scale model of a running *T. rex*, as well as an analysis of its bones and joints, show speed was not the animal's forte. A six-ton *Tyrannosaurus* would have required an ungainly three tons of leg muscles to reach 45 mph.

"How did they move? What did they do with those strange structures on their skulls, and what did they look like?" Makovicky said. "We learn

Want to go?

What: "Dinosaurs: Ancient Fossils, New Discoveries"

When: Through Sept. 3

Where: The Field Museum, 1400 S. Lake Shore Drive, Chicago. The Field Museum is open from 9 a.m. to 5 p.m. daily. Last tickets are sold at 4 p.m.

Admission: \$19 for adults, \$14 for seniors and students (with identification), \$9 for children ages 4 to 11; Includes museum admission. To buy tickets, call (866) 343-5303, or visit www.fieldmuseum.org. For groups of 15 or more, call (888) 343-5385.

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what dinosaurs were capable of as living organisms rather than as static mounts."

The interactive exhibit gives visitors a feel for the questions scientists grapple with, as they sift through historical fragments. How did dinosaurs walk and run? Were 30-ton plant-eaters able to move their long necks in all directions? Were horns and frills simply calling cards for a mate, or did they have other purposes? And, most importantly, why did dinosaurs vanish?

Makovicky said the leading theories behind the mass extinction are climate change because of a meteorite or massive volcanic explosion and the disappearance of heat-trapping inland seas when continents drifted apart.

"We want people to have a sense of knowing how scientists know what they know," Field Museum project manager Hillary Hansen said. "It's not guesswork. Paleontologists are making very exciting discoveries all of the time."

Makovicky has done field



Photo provided

Dilong paradoxus, a 130 million-year-old primitive cousin of the *Tyrannosaurus rex*, was covered with branched protofeathers - precursors to the feathers found on modern-day birds. Learn about this animal and more at The Field Museum's new dinosaur exhibit.

Walk through the exhibit

• Meet *Bambiraptor*, a dinosaur as cute as a baby deer - unless you're the small mammal seized by its large claw. This recent fossil discovery provides evidence about the link between dinosaurs and birds.

• The biomechanics of theropods. Find out if you could have outrun a *T. rex* by studying a remarkably accurate, 6-foot long, robotic skeleton. Paleontologists, biomechanical engineers, and computer scientists teamed up to create this lifelike moving creature (above). Explore how scientists reconstructed *T. rex*'s gait and speed and learn what scientists have recently discovered about dinosaur aging and growth, including the most incredible adolescent growth spurt of all time.

• New technology reinterprets old evidence. One day, about 100 million years ago, a herd of long-necked, plant-eating dinosaurs trekked their way across a mud flat. Sometime later, a large meat-eating dinosaur crossed the path they'd trod. All this information is contained in the life-size replica of a trackway that offers new insight into dinosaur behavior.

• Horned heads. Rows of impressive dinosaur skulls are displayed along the exhibition's "trophy wall."

• Prehistoric Liaoning forest. Travel back 130 million years to the marshy shore of a lake in this life-size recreation of a forest in what is now Liaoning Province in China, one of the most important fossil beds in the world. Thirty-five species of dinosaurs, reptiles, birds, mammals, insects and plants are recreated.

• Mass extinction. What killed off the dinosaurs? Did they all perish one terrible day 65 million years ago when a huge object from outer space slammed into Earth? There's little doubt that a major impact occurred, but so did other major events, including huge volcanic eruptions, the disappearance of inland seas, and ensuing climate change. And why did half of the Earth's species survive?

• The future of the past. How long was a dinosaur's life? How did they grow so large? How did they live? These are the kinds of questions paleontologists are tackling today, using new technologies and new discoveries to understand dinosaurs, not as piles of fossilized bone, but as living animals.

Exercising while on vacation is possible

Vacations mean rest, relaxation, and rejuvenation from the stressors of daily life.

The American Institute of Stress shows that vacations are good for us, revealing that those individuals who take an annual vacation significantly defuse job stress and cut their risks of diseases by 20 to 30 percent in the following year.

However, most Americans seeking a relaxing escape from reality overindulge in unhealthy lifestyle behaviors, leaving exercise and healthy eating at home.

"Some individuals have the mentality that exercise isn't necessary while on vacation, but this isn't true," said Rosie Ward, director of health and wellness at Northwestern Health Sciences University in Bloomington, Minn., in a release. "Exercise not only helps our bodies function better, but provides the sense of normalcy and stability our bodies need when traveling over time zones, eating different types of foods, and adhering to schedules we are not used to."

Ward reminds people that overindulgence can lead to feeling the need to work twice as hard upon return.

"You want to feel 'refreshed' when you get back, without thinking you need to be a slave to your workout in order to

make up for time lost or weight gained," she said.

Katie Burns Ryan, an associate professor and clinician at Northwestern, said exercising on vacation doesn't require following a strict, intensive timetable to be effective.

"Exercise doesn't have to adhere to a rigid schedule and doesn't have to last for an hour or more," she said, in a release. "Exercise can include short bursts of activity, including sightseeing on walking tours, swimming, running on the beach or trails, using the hotel's exercise equipment, or simply yoga or resistance training within your own hotel room."

Ward suggests the following tips to work exercise in while on vacation:

• Do your homework and ask questions - Call the hotel or look it up on the Web to discover what activities or amenities the location offers so you can pack appropriately and plan ahead. Find out how safe the activities are before you sign up for them and ask the hotel if it has an arrangement with a nearby gym or look into any health clubs that might be near by.

• Know yourself - Know how much exercise you need, perhaps based on your regular

routine and discover where it could fit into your vacation.

You might need to shift your mentality about how exercise looks for you and do different types of activities that will still reflect the overall goal you want to get from exercise. Very active individuals will choose more adventurous activities like rock climbing, while others might be satisfied with dance or yoga classes offered by a cruise or resort.

• Try something different - You don't have to do the same old exercise routine day after day while on vacation. Try touristy activities like walking tours or do a more adventurous activity to keep active and engaged. It's important to let loose but to not completely let yourself go.

• Pack appropriately - You can easily pack items like exercise tubes, an exercise mat, or even your iPod packed with a week's worth of workouts from Podfitness or a podcast to keep you going while on vacation. Resistance training and yoga

require no space and can be done in your hotel room.

Burns Ryan suggests the following to improve one's overall health to make exercise easy upon arrival at your destination:

• Do isometric exercises on the plane or in the car - These exercises help improve circulation and relieve muscle stiffness during travel. Isometric exercises involve tensing muscles such as those in the toes, calves, quads or ham strings and holding them in a stationary position while maintaining the tension and then releasing.

For additional resources on exercising while on vacation, visit www.nwhealth.edu/nns, a Web site hosted by Northwestern Health Sciences University.

• Information courtesy of The Natural News Service at Northwestern Health Sciences University in Minnesota.



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MEET THE ROBINSONS (G) 3:30 5:15 9:00;

SAT & SUN MATINEE 1:00

PERFECT STRANGER (R) 5:00 7:45 10:20;

SAT & SUN MATINEE 1:15

ARE WE DONE YET? (PG) 3:45 6:30 9:15;

SAT & SUN MATINEE 12:45

HOT FUZZ (R) 4:30 7:15 10:00; SAT & SUN MAT. 1:30

WILD HOOS (PG-13) 5:15 8:00 10:30;

SAT & SUN MATINEE 2:15

SHOOTER (R) 4:15 7:00 9:30; SAT & SUN MAT. 1:10

IN THE LAND OF WOMEN (PG-13) 5:00 7:45 10:10;

SAT & SUN MATINEE 1:15

WILLY NILLIE (R) 3:30 5:15 8:20 10:30;

SAT & SUN MATINEE 12:45

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AQUA TEEN (R) - ID RECD

(435 950)

DISTURBIA (PG-13) (1130 1230 200 300 430 530 700 800 930 1030)

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NIGHT & DAY

Dining & Entertainment Section

Petrucci's: Fresh Italian fare



By: LESLIE GLAZIER-WERNER
Lesonlife@sbcglobal.net

Expect big things from this family-run restaurant and market. Its heart and soul is not only in its cooking, but in its warm hospitality.

The atmosphere smacks of a sunny outdoor cafe in Italy. Yellows and earth tones prevail against bistro tables set with elegant white linen. With a seating capacity of 25, the dining area is cozy but not overcrowded.

My companion and I arrived during the height of the busy lunch hour, but still received a greeting from one of the

Petrucci's staff, and patient attention from our server and cook, Josh. Many of the diners appeared to be regulars and were greeted on a first name basis. Petrucci's Italian Market & Café offers a varied selection on both its lunch and dinner menus. The grilled panini I ordered was a generous size, served hot with provolone, asiago, and fontinella cheese. My companion's caesar salad consisted of crisp greens, grilled chicken, and a delicious homemade dressing. Dessert was tasty, fresh homemade cannoli and tiramisu. The wait time was minimal.

The dinner menu offers clas-

Petrucci's Italian Market & Café

311 West Depot Street
Antioch, IL 60002

(847) 395-1836

Open: Monday - Saturday;
8:00 a.m. - 8:00 p.m.

Entrée Prices:
Lunch \$7.25 - \$8.95;
Dinner \$10.95 - \$14.95

Credit Cards:
MasterCard, Visa

Reservations: Taken, but not required.

Other: Ample parking, children's menu, carry out, catering, Italian market and deli.

sics like lasagna and specialties like shrimp alfredo. Son Ronny Petrucci noted that their "cracker crust pizza is the best in the world". He also gave us a sample of the bread that accompanies their dinners: fresh from the oven and worth a visit in itself.

Ronny said they have been running the restaurant for a year, and added the adjoining upscale Italian market and deli in February. Petrucci's Italian Market & Café seems to have the ingredients for continued success: the entire Petrucci family enjoys serving customers as much as preparing fresh Italian fare.

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Fax: 847-395-1826

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Out & About

Edition of April 27-May 3, 2007 ALL • Page 6B

SOUNDS OF MUSIC

NILES NORTH HIGH SCHOOL- 9800 Lawler Ave., in Skokie; For more information, call (847) 626-2122. Featuring: On April 28, the Niles North Vocal Jazz Festival will host a full day of clinics and rehearsals for Chicago-area and Midwest-area high schools and colleges, and will conclude with a performance by CHAPTER 6, an a cappella jazz ensemble. Starting the show will be TAKE ONE, Niles North's award-winning vocal jazz ensemble. The concert will take place in Niles North Theatre: The Auditorium. Tickets cost \$20. For more information about CHAPTER 6, visit www.chapter6.com.

THE SHACK- 20886 Park Ave., in Mundelein; For more information, call (847) 566-7000, or visit www.shacksback.com. Featuring: At 10 p.m. on April 27, Redshirt; at 10 p.m. on April 28, Planet Groove; at 10 p.m. on May 4, AF KIN; at 10 p.m. on May 5, Agent Outcast; At 10 p.m. on May 11, MR BLOTO; At 10 p.m. on May 12, Reverb Kings; at 10 p.m. on May 18, alternate past; and at 10 p.m. on May 10, ronnie baker brooks.

EL BARRIO RESTAURANT & LOUNGE- 1122 Diamond Lake Road, in Mundelein. For more information, call (847) 566-0475, or visit www.elbarriorestaurant.com. Featuring: At 7 p.m. on April 29, The Lake County Folk Club presents a Songwriters Forum & Concert with Mark Hobbs, Donna Adler and Bob Smietana.

LAKE FOREST SYMPHONY- At College of Lake County, Grayslake Campus, 19351 W. Washington St., in Grayslake. For

more information, call (847) 295-2135, or visit www.lakeforestsymphony.org. Featuring: at 8 p.m. on May 18 and 19, the symphony will perform its season finale concert, under the direction of Alan Heatherington. The event will take place in CLC's James Lumber Center for the Performing Arts. A free pre-concert lecture by music researcher and composer Jim Kendros will take place at 7 p.m. Tickets cost \$25, \$35 and \$45 for adults. Senior tickets (for those 65 years old and older) cost \$20, \$30 and \$45. Student tickets cost \$10, \$15 and \$45.

ZOO FUN

BROOKFIELD ZOO- 8400 31st St, in Brookfield; For more information, call (708) 485-0263, or visit www.brookfieldzoo.org. Featuring: On April 28, the official opening of the new Fisher-Price Tot Spot, in the Hamill Family Play Zoo. During the celebration, families can participate in special activities that will take place in the Play Zoo. Children also can pose for a picture (bring a camera) with Sonya Lee and Eddie, two characters from Little People from Fisher-Price. Beginning at 11 a.m., children can get a Fisher-Price gift bag (while supplies last) filled with a Doodle Pro, a Little People giraffe and a DVD. A performance by Wiggleworms from the old Town School of Music will begin at 1 p.m.

MUSEUM EVENTS

INTERNATIONAL MUSEUM OF SURGICAL SCIENCE- 1524 North Lake Shore Drive, in Chicago; For more information, call (312) 642-6502. Featuring: From May 4 to July 20, two exhibitions will run concurrently as part of the museum's ongoing "Anatomy in the Gallery" contemporary art

program. The exhibits are "Sympathetic Coordination" (www.laurasplan.com) and "Biological Cartography" (www.una-love.com/renee-info.html). For more information about "Anatomy in the Gallery," visit www.imss.org/anat-gallery.htm.

SPECIAL EVENTS

GILDA'S CLUB- At Duffy's Tavern, 422 1/2 W. Diversey Parkway, in Chicago; For more information, call (312) 464-9900 ext. 31, or e-mail gildasab@gmail.com. Featuring: At 6:30 p.m. on May 1, Gilda's Club Chicago Associate Board will host an euchre tournament.

COLLEGE OF LAKE COUNTY, GRAYSLAKE CAMPUS- 19351 W. Washington St., in Grayslake; For more information, call (847) 543-2000, or visit www.cllcillinois.edu. Featuring: On April 27, the 26th Annual Student Art exhibition. The event will begin with an opening reception and an awards presentation from 7 to 9 p.m. in the gallery; On April 28, the CLC Student Government Association and the Athletic Department will sponsor a run/walk event to raise money to complete construction of CLC's Fitness Trail. The event will begin at 10 a.m. at the Service Drive on the west side of Parking Lot 7A at Brae Loch Road; From 9 a.m. to 9 p.m. on May 1 and 2, CLC will host a Spring Art Sale. The event will take place in the ARTcetera Sales and Rental Gallery, adjacent to the Robert T. Wright Community Gallery of Art; From noon to 2 p.m. on May 3, CLC will host a Cinco de Mayo celebration at the College of Lake County Lakeshore Campus in Waukegan. The event will take place outdoors in the courtyard at the corner of Genesee Street

Check it out ...
Looking for something to do? Check out the events below for a variety of activities to enjoy.

Have an upcoming event?

To promote an upcoming event in LakeLife, submit news to Dani Schweigert at dschweigert@nwnewsgroup.com.

[LakeCountyJournals.com](http://www.lakecountyjournals.com)

cost \$6 for each adult. For more information, call Zurko's Midwest Promotions at (715) 526-9769.

OLD ST. PATRICK'S CHURCH- 700 W. Adams St., in Chicago; For more information, e-mail info@oldstpatricks.org, or visit www.oldstpatricks.org. Featuring: On April 29, events to celebrate the church. One-hundred fifty years ago, in 1856, Old St. Patrick's Church hosted a dedication ceremony for its church building on the corner of Adams and Des Plaines. On April 29, the church will host "Rededication Sunday" to celebrate the present. This event will take place during the 12:45 p.m. Mass. And to celebrate the past, the church will host "A Journey Through Time," from 7 a.m. to 7 p.m. Mass times are 7, 8:15, 9:30 and 11:15 a.m., as well as 12:45 and 5 p.m.

ROSEMONT THEATRE- 5400 N. River Road, in Rosemont; For more information, call (847) 671-5100, or visit www.sesamestreetlive.com. Featuring: Sesame Street Live "Super Grover! Ready for Action." Performances will take place at 7 p.m. on May 2; at 10:30 a.m. and 7 p.m. on May 3; at 10:30 a.m. and 7 p.m. on May 4; at 10:30 a.m. and 2 and 5:30 p.m. on May 5; and at 1 and 4:30 p.m. on May 6. Tickets can be bought by calling the box office at (847) 671-5100. To charge tickets by phone, call Ticketmaster at (312) 559-1212; to buy tickets online, visit www.ticketmaster.com.

DUPAGE EXPO CENTER

DUPAGE EXPO CENTER- 4050 E. Main St., in St. Charles; For more information, call (866) 239-EXPO (3976), or visit www.dupageexpo.com. Featuring: From April 27 through 29, an Antique Show and Sale. The event will take place from 5 to 8 p.m. on April 27; from 10 a.m. to 7 p.m. on April 28; and from 10 a.m. to 5 p.m. on April 29. Tickets

cost \$10. To charge tickets by phone, call Ticketmaster at (312) 559-1212; to buy tickets online, visit www.ticketmaster.com.

CONTOURS EXPRESS

CONTOURS EXPRESS- 1156 W. Maple Ave., in Mundelein; For more information, call (847) 388-3777. Featuring: From 12:30 to 2 p.m. on May 5, a beginner-level seminar designed for women ages 14 and older will take place at Contours Express. The non-contact class will educate women on the practice and application of proven self-defense techniques. Cost is \$40 for Contours Express members,

\$50 for nonmembers.

ROUND LAKE AREA LIBRARY- 906 Hart Road, in Round Lake; For more information, call the library at (847) 546-7060.

Featuring: Hosted by Great Lakes Credit Union in partnership with Mano a Mano Family Resource Center, an event to help Spanish-speaking customers learn to manage their money more wisely will take place from 5:30 to 7:30 p.m. at the library. The event is part of Chicago's sixth annual Money Smart Week, which takes place April 30 through May 5. Free childcare also will be provided.

ON STAGE

NOBLE FOOL THEATRICALS- At Pheasant Run Resort and Spa, at 4051 E. Main St., in St. Charles; For more information, call (630) 443-0438, or (630) 584-6342, or visit www.noblefool.org. Featuring: Through July 21, "The Musical of Musicals: The Musical!" Show times are at 8 p.m. on Thursdays and Fridays; 5 and 8:30 p.m. on Saturdays; and at 2 p.m. on Sundays. Featuring: From May 2 through June 9, "The Complete Work of William Shakespeare (abridged)."

GENESEE THEATRE- 203 N. Genesee St., in Waukegan. For more information, call (847) 782-2366, or visit www.geneesetheatre.com. Featuring:

Beginning at 10 a.m. on April 27, tickets for Donny Osmond will go on sale. Tickets cost \$30 to \$70. Tickets can be bought at the Genesee Theatre Box Office, through Ticketmaster, charge-by-phone at (312) 559-1212, or online at www.ticketmaster.com. Osmond will perform at 8 p.m. on Sept. 7 at the Genesee Theatre.

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>>DiningOut

A treat for the sweet tooth

Sweet Susie's offers a place where everybody knows your name

By MATT PERA
mpera@nwnews.com

Most people enjoy a restaurant or bar where you can walk in and the person behind the counter already knows what you're going to order. Maybe the dish or the drink is being made before you even order it.

It's an ambiance that was made famous on the 1980s television show "Cheers," about a Boston bar "where everybody knows your name."

Like they say in the song, sometimes that's where you want to go.

And, while Boston is more than 1,000 miles away, that atmosphere can be found in downtown Grayslake at Sweet Susie's, a bakery and coffee shop at 170 Center St.

"I have heard other customers refer to us as a 'Cheers' type of environment in Grayslake," owner Susie Rotman said. "We have a lot of regular customers, and I think that can be attributed to everybody getting to know each other when they do come here."

Rotman opened Sweet Susie's a little more than two years ago, and the welcoming atmosphere is one of the bakery's most noticeable qualities.

When you walk in the door, you are met with a cheerful greeting by one of the staff, if not by Rotman herself.

A deli case near the door displays a wide assortment of delicious desserts, including several varieties of cakes, cookies and pastries. Another trademark at Sweet Susie's is the collection of treats hand-dipped in chocolate on site.

Some of the staples of chocolate-coated snacks include licorice, marshmallows and pretzels. And, according to Rotman, they are always experimenting.

"We try to dip everything in chocolate, just to see how it works," she said with a laugh.

Along with food for the sweet tooth, the bakery offers a variety of sandwiches, soups and salads.

The best-seller on the menu is the "Off the Hook" sandwich, which includes delicious home-made chicken salad mixed



Sandy Bressner - sbressner@nwnews.com
Tim Neuschaefer makes a sandwich during the lunch rush at Sweet Susie's at 170 Center St., in Grayslake. Sweet Susie's signature dish is the "Off the Hook" sandwich.

Sweet Susie's

Where: 170 Center St. in downtown Grayslake
Hours: 6 a.m. to 7 p.m. Monday through Friday; 7 a.m. to 5 p.m. Saturday; and 7 a.m. to 11 a.m. Sunday

Signature dish: "Off the Hook" sandwich (Chicken salad mixed with swiss cheese, onions and crispy bacon, served on a toasted croissant and topped with sliced tomatoes)

Smoking: Non-smoking
For more information: Call (847) 548-8500

with swiss cheese, onions and bacon on a toasted croissant and topped with sliced tomatoes.

Once you bite into one of these, you understand right away why Sweet Susie's has sold about 4,800 of them since it opened.

Other popular sandwiches on the menu include "The Al Bacore" (fresh tuna salad on toasted white bread topped with mixed greens, tomato, purple onion and a splash of oil and vinegar), "The Gobbler" (sliced oven-roasted turkey on toasted sourdough bread, topped with cheddar and provolone cheese, mixed greens, purple

I have heard other customers refer to us as a 'Cheers' type of environment in Grayslake.

Susie Rotman
Owner of Sweet Susie's in Grayslake

onion, tomato, oil and vinegar, spicy mustard and mayo) and even the kids' classic "Fluffanutter" (creamy peanut butter, marshmallow Fluff and sliced bananas on white bread).

Sweet Susie's also offers several different roasts of gourmet coffee.

The bakery has become a Grayslake staple in its two years of existence, with a steady crowd of loyal regulars persisting. Special offerings, like the Pain au Chocolat – a French pastry only available at Sweet Susie's on Saturdays – along with consistent service and quality food are ensuring those regulars will continue to come.

Recycling seems to be the key to help make Earth a healthier place

Discover how to reduce global warming

By PAT DIECKHOFF
wjnews@nwnews.com

Climate change is the environmental issue of our time.

The dramatic increase in carbon dioxide in Earth's atmosphere, which is caused from burning fossil fuels while destroying forests, is a major factor in the rise of worldwide average temperatures.

In 2003, recycling in the U.S. reduced the amount of carbon dioxide in the air by 33 million metric tons, which is about the annual emissions equivalent of 25 million cars. This is a clear indicator that any comprehensive solution to global warming should include calls for increased recycling.

How does recycling and buying recycled products reduce energy use? Products made from recycled materials take less energy to produce and, thus, use less fossil fuels.

For example, it takes 95 percent less energy to make a new aluminum can from an old aluminum can than it does from raw bauxite ore.

It takes 70 to 80 percent less energy to make a new plastic bottle from an old plastic bottle than it does from the raw materials petroleum and natural gas.

It takes 75 percent less energy to make new steel cans from old steel cans than it does from the raw material iron ore.

It takes 50 percent less energy to make new paper products from old paper than it does from trees.

Also, recycling and buying recycled paper products help prevent the loss of forests worldwide. Trees

absorb carbon dioxide and reduce carbon levels.

If every American would reduce their garbage by 10 percent, each would save an additional 1,200 pounds of carbon dioxide annually. This reduction could be achieved by simply buying products with less packaging, or composting food scraps.

If Americans stopped buying bottled water, it would reduce the amount of carbon dioxide in the air by 1 billion pounds annually, which would be the equivalent of taking 100,000 cars off the road.

Instead of buying bottled water, consider a water filter and either a high-density plastic (No. 5 through 7) or metal water container, and fill it each morning before going to work or school.

Global warming can be reduced by eliminating waste, by increasing recycling at home and work and by buying products made of post-consumer content.

For more information about recycling in Lake County, visit www.lake.il.us/swalco.

• *Pat Dieckhoff is the Waste Reduction Assistant for the Lou Marchi Total Recycling Institute at MCC. The Recycling Round-up is a cooperative effort of the McHenry County Planning and Development Department (815) 334-4560, the Lou Marchi Total Recycling Institute at MCC (815) 479-7817, the McHenry County Defenders (815) 338-0393 and the Algonquin Township Road District. Contact any of these groups with your recycling questions.*

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Musical waves of the future

Chicago Symphony Orchestra makes its first CD

The Chicago Symphony Orchestra recently took a leap into the future of music with a new, in-house recording label called CSO Resound.

The label's first offering, Mahler's Symphony No. 3, led by principal conductor Bernard Haitink, will be released as a digital download exclusively on iTunes.com beginning April 24. After a 90-day period, the download will be available through other channels, including Amazon.com, eMusic.com and Rhapsody.com.

CDs will be available in the Orchestra's Symphony Store, as well as through the orchestra's Web site

(www.cso.org) beginning May 1. CDs will then be in stores in Chicago and throughout the rest of the country beginning May 8 and will be released in Europe and Asia in early June.

The symphony's new label recently received support through a three-year gift from Betty and Ralph Smykal.

"To maintain CSO's stature in the international classical music industry, we must deliver the talents of our musicians to their listeners in whatever form necessary, including digital downloads and private label recordings," Betty Smykal said in a release. "We are proud to be involved with CSO Resound."

The new release also is possible through funding from the Boeing Company.

"Part of what makes Chicago such a great city is that it is the home of one of the world's best orchestras," said Nora Moreno Cargie, Boeing's director of Global Corporate Citizenship in Chicago, in a release.

As part of its new recording plan, CSO will self-produce at least six new CD releases during the next three years, with all upcoming releases selected from live recordings of CSO concerts, according to a release.

For more information about the Chicago Symphony Orchestra or CSO Resound, call (312) 294-3333, or visit www.cso.org.

Men get exposed

Men thinking with their heads might sound like an impossible dream to some women, but a new play is ready to let men explain their side of relationships.

"Men Exposed ... Thinking with Your Head" is a new comedy presented by Ouroboros Theatre Company. It will take place at 11:30 p.m. Friday and Saturday nights through May 26.

Where: Theatre Building Chicago, 1225 W. Belmont Ave., in Chicago. Tickets: \$18 (\$15 preview). To buy tickets, call Ouroboros Theatre Company's box office at (773) 327-5252, or visit www.theatrebuildingchicago.org.

Tickets also can be bought through Ticketmaster at (312) 559-1212, or by visiting www.ticketmaster.com.

Want to go?

What: "Men Exposed ... Thinking with Your Head" (a late-night comedy)

When: 11:30 p.m. Friday and Saturday nights through May 26

Where: Theatre Building Chicago, 1225 W. Belmont Ave., in Chicago

Tickets: \$18 (\$15 preview). To buy tickets, call

Ouroboros Theatre Company's box office at (773)

327-5252, or visit www.theatrebuildingchicago.org.

Tickets also can be bought through Ticketmaster at (312) 559-1212, or by visiting www.ticketmaster.com.

For more information, contact artistic director Lara Filip-Tibble at (708) 254-0928, or visit www.ouroborostheatre.com.

It's closing time

Theatre season ends with 'Ragtime'

Porchlight Music Theatre concludes its 2006-07 season with the musical "Ragtime."

The musical is based on E.L. Doctorow's novel about a Harlem musician, a wealthy New York family and a Latvian Jewish immigrant. The play focuses on the timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair and love and hate.

The production will run through May 27 at Theatre Building Chicago, 1225 W. Belmont Ave. Ticket prices cost \$35 (\$28 for students and seniors) for Wednesday, Thursday and Friday performances and \$34 (\$27 for students and seniors) for Saturday and Sunday performances. There also are

half-price rush tickets for students on the day of the show.

Friday and Saturday performances start at 7:45 p.m. and Sunday shows begin at 2 p.m. There will be a Wednesday matinee on May 16 at 2 p.m. Thursday performances will begin May 3 and will start at 7:45 p.m.

For tickets or more information, call the Theatre Building Chicago's box office at (773) 327-5252, or visit www.theatrebuildingchicago.org. Tickets also can be bought through Ticketmaster at (312) 559-1212, or online at www.ticketmaster.com. Group discounts are available by calling (312) 423-6612, or online at www.grouptheatretix.com.

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>> RelishTheAmericanTable

Rice replacement

By MARTIN BOO

It's perfect for the gluten-sensitive, friendly to dieters and packed with protein, magnesium and iron. It's quinoa, of course.

Although it's never reached the popularity of rice, quinoa (pronounced KEEN-wah) has an earthy and mildly sweet taste and is just as versatile. Plus, it cooks in less than 15 minutes.

Indigenous to South America, quinoa is the seed of a plant in the spinach family and was given a position of honor in the Incan diet.

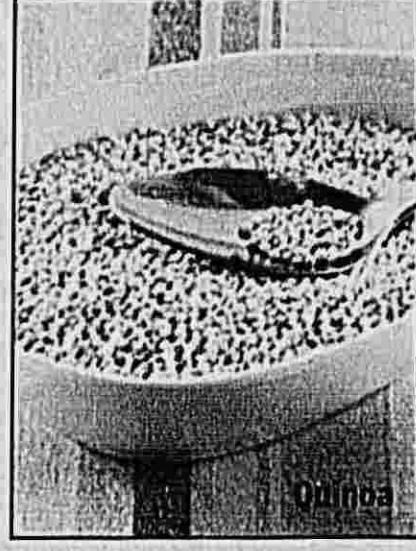
While invading Spaniards dismissed it as too primitive for their tastes, the Incas regarded it as sacred and called it chisaya mama, or "mother of all grains."

Until recently, quinoa was consumed mainly by health-food nuts, but now chefs across the country are using it as a substitute for rice and other grains in side dishes, salads and stuffings.

Rinse quinoa first to remove its slightly bitter coating (commercial quinoa is usually pre-rinsed), then cook it exactly like rice, in broth or water. And use in any dish that uses rice.

Shrimp, Sausage and Quinoa Jambalaya (Serves 8)

Ingredients:
4 1/2 cups lower-sodium chicken broth, divided
2 cups (12 ounces) quinoa
1 tablespoon olive oil
1/2 pound smoked turkey kielbasa, sliced in 1/4-inch rounds
1 large onion, chopped
1 red bell pepper, thinly sliced



4 garlic cloves, peeled and chopped

1 cup spicy V-8 juice
1 pound medium shrimp, peeled and deveined
1 cup frozen peas
1 cup grape tomato halves

Directions:

Combine 4 cups chicken broth and quinoa in a medium saucepan. Bring to a boil, reduce heat to low, cover and cook 15 minutes.

Heat oil in a skillet, and add kielbasa, onion, bell pepper and garlic. Sauté about 10 minutes, or until vegetables are tender. Add remaining broth and V-8 juice; bring to simmer. Add shrimp and simmer 5 minutes, or until done. Add peas, tomatoes and cooked quinoa, and toss.

Martin Boo is a contributor to Relish Magazine. Look for Relish magazine each month in the Lake County Journals. For more Relish recipes, to sign up for a biweekly newsletter, or to leave a note on a Relish message board, log on to www.relishmag.com.

>> EveryMom

Time for 'the talk'



Jami Kunzer

OK, so I'm a little uncomfortable writing this column. I admit it.

You see, my three babies are going to grow up and become nuns. So I won't ever have to worry about the whole sex talk thing.

They're not going to date. They're going to spend their evenings watching reruns of "Little House on the Prairie" with their parents.

And then, bam, I'm snapped back to reality with questions like the following.

It is now time to have "the talk" with my 10-year-old son. I just found something that he and his friends wrote. Nothing terrible, but it tells me that sex is something they are talking about. I'm comfortable with talking about the feelings that go with sex, the risks, and the fact that he should wait until maturity, etc. I'm even comfortable with birth control and such. I just don't know how much to tell him about the actual act - how many details do you give? What words do you use exactly? And how do you know when enough details are enough? Please help.

Put simply, give as many details as needed to answer your son's questions, and use proper terms as you explain exactly how sex works, experts say.

Most of all, make sure you tell the truth.

"But in a way that is not more complicated or sophisticated than they need, given their age," said Patrick Tolan, 41.

If a child aged 2, 3 or 4 asks where babies come from, tell the child, "Mommy and daddy get together. He puts his penis in her vagina," those kinds of things, Tolan said.

Children will be curious about sex long before age 10, said Bennett Leventhal, a psychiatry professor and director of the Center for Child Mental Health & Developmental Neuroscience, so start early.

Columnist Jami Kunzer is the mother of Summer, 2, and infant twins Anna and Lilly. She writes about the everyday challenges facing parents. You also can connect with Jami online Tuesday, Thursday and Saturday through her blog, which can be found at www.nwherald.com. Reach Jami at jkunzer@nwnewsgroup.com, or (815) 459-4122.

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EASY

MEDIUM

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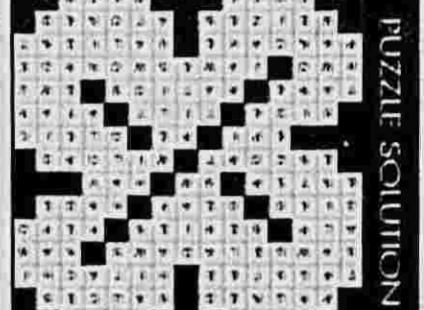
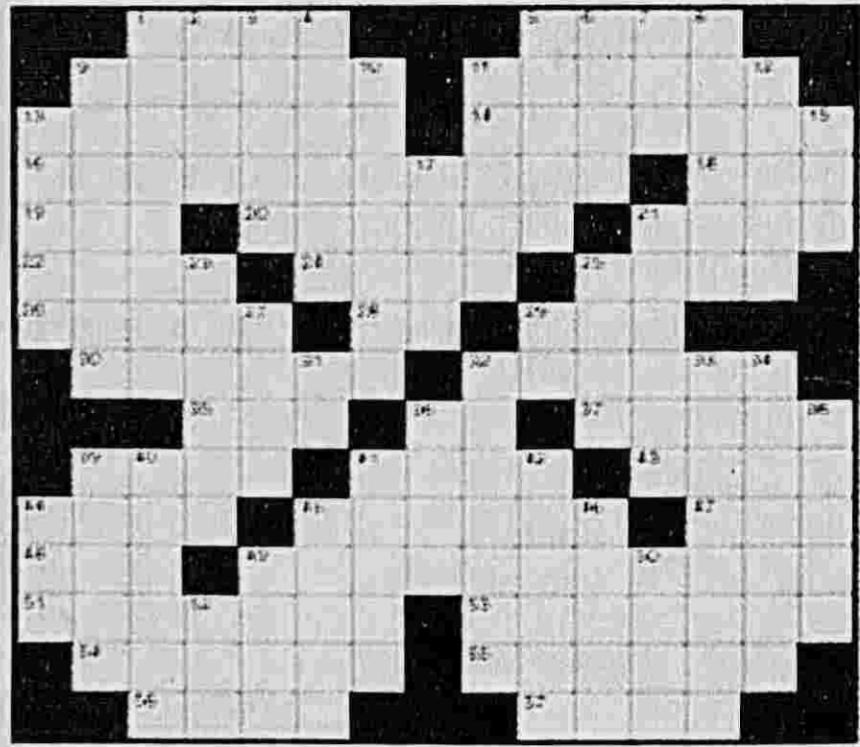
ACROSS

1. Russian monarch
5. Emotional disposition
9. Lopped
11. Hollandaise or tartar
13. Member of a governing board
14. Japanese firm
18. Samuel Haya _a, U.S. Senator
19. Any high mountain
20. Baseball championship play-off
21. Melon, cucumbers, pumpkin
22. Ceases to live
24. Lacking the sense of hearing
25. Incline from vertical (Geology)
26. Pass into
28. Samarium
29. Mown grass
30. One who accompanies another
32. Address for a nobleman
35. ___center: earthquake focus
36. Rupee
37. Olive oil acid
39. The surface of an object
41. Departure from the vertical
43. From a distance
44. Counterbalance to obtain net weight
45. Magnitude relations
47. Large Australian flightless bird
48. Group insurance
49. 5th U.S. President
51. IHOP specialty
53. Noticeable
54. Confiscates
55. Repented
56. A light fitful sleep
57. Digits

DOWN

1. Proclaims loudly
2. A people of W. Africa
3. Poker stakes

CROSSWORD



4. Spun
5. Disfigures
6. Opposite of ins
7. B ___ Raton - 33428
8. Adorned with finery
9. Sugar, butter and pecan candy
10. Most beloved
11. WW II Allied HQ
12. Surface configuration
13. 18th Hebrew letter
15. Jima, WW II battlefield
17. Circle width (abbr.)
21. Disc jockey bribe
23. Withdraw from an organization
25. Circle of light around the moon
27. A strong cord
29. Hello
31. Rhode Island
32. Joan Rivers' daughter
33. Game officials
34. Engagement stone
36. An established ceremony
38. Holds vinegar for the table

50. Number of cat's lives

52. Data executive

>> Horoscope

TAURUS - Apr 21/May 21

Something that happened in the past has recently come back to bother you, Taurus.

GEMINI - May 22/June 21

If you do something nice for a person close to you, you will be rewarded ten-fold, Gemini.

CANCER - Jun 22/Jul 22

You will gain something this week, Cancer.

LEO - Jul 23/Aug 23

Show coworkers that you are willing to put in the hard work needed, Leo.

VIRGO - Aug 24/Sept 22

Be friendly to strangers, Virgo, but be on your guard, too.

LIBRA - Sept 23/Oct 23

Mending fences will help a relationship, Libra.

SCORPIO - Oct 24/Nov 22

You have to learn that the world doesn't revolve around you, Scorpio.

SAGITTARIUS - Nov 23/Dec 21

You are prone to causing arguments when they are not justified, Sagittarius.

CAPRICORN - Dec 22/Jan 20

Focus on your creativity this week, Capricorn.

Maybe there is a project you wanted to start or finish. Redecorating is a good way to develop any creative ideas that are swarming and put them to use.

PISCES - Feb 19/Mar 20

Pisces, when an important decision arises, the answer is to try something different rather than doing what you always do.

ARIES - Mar 21/Apr 19

You must take your finances more seriously, Aries. You haven't been paying much attention to your cash flow in the last few months. Resources can deplete quickly.

>> ElementsOf TheRidiculous



Jana Thompson

Losing the connection

A few weeks ago, I was nearly driven to dancing naked in my living room and eating cat food.

After waiting four hours for my Internet-telephone-TV hook-up to arrive a few Fridays ago, I started to get annoyed. The cable company called to say it would be late - very late. I had to go to work that afternoon, so I wrangled a Saturday appointment at 10 a.m.

After a few as-pleasant-as-I-could-be phone calls Saturday, the installer arrived at 2:15 p.m. Might I add that this was not his fault; I have no beef with cable installers.

Two hours after installation, the phone and Internet quit working. I called the cable company and was told that a line technician would come Monday. Monday came and went with no call. I was starting to crack.

I decided to cancel the service so that I wouldn't end up in the looney bin.

Story in my own newspaper:

ELGIN - A 30-year-old Elgin woman was living in a nest she made out of coaxial cables in a local park's tree. But she is sane and living in her home again after firing her cable company on Wednesday. After days of fighting with customer service reps to get the stupid thing set up, the cable company shut off her service immediately. How's that for efficiency?

The cable company gave her an address to return the equipment they installed.

"I don't know when I'll return it," she said. "Maybe between 8 a.m. and noon or 1 and 5 p.m. Or maybe next June."

Jana Thompson is a columnist for the Northwest News Group. She can be reached at jthompson@nwnews.com.

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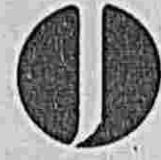
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HIGH SCHOOL SCOREBOARD: Take a look at this week's high school sports schedule. **PAGE 11B**

COLLEGE OF LAKE COUNTY: CLC finds a new basketball coach in high school coaching champion Tom Shields. **PAGE 11B**

NASCAR THIS WEEK: Get the breakdown about who's hot and who's not for the upcoming races. **PAGE 14B**

>> SideLines



**Daniel J.
Patrick**

Sports will rise again

The scene is familiar: an otherwise law-abiding young man has seemingly lost his mind as he spends hours adorning himself from head to toe in gallons of skin-suffocating paint.

An abstract art project, you ask? Not so much. A myth-busting experiment meant to debunk the urban legend of death by skin suffocation? No.

Well, if you're reading this, you've taken a look at the sports page and you probably know exactly why such a normal young man would partake in such a crazy activity: sports.

Crazy, crazy, sports.

I am a White Sox fan, born and raised and so is my co-worker, Lake County Journals News Editor Matt Pera. Now why would the two of us torment yet another co-worker, Steve Peterson?

Because he's a Cubs fan, and that's just how it goes in sports.

Some of our childish exploits included constantly defiling a poster of Wrigley Field by taping pictures of Ozzie Guillen and U.S. Cellular field on it, and badgering our Cub fan co-workers with that whole World Series thing. Along with making sure that each and every South Side victory is felt in the newsroom. And it's a safe bet that it's not too much different in any other part of Chicago where there's a Sox fan and a Cubs fan in the same room.

It's an amazing thing to see, whether it's at a little league game, between two high schools, or especially at a game between a bunch of overpaid buffoons at the professional level, people can hate each other just because they're wearing different colors. Fights break out, things are destroyed and all common sense can seemingly fly out the window when there's a game to be played.

But what I'm most proud of when it comes to sports is that while most of us are fanatical about our allegiances, we are also willing to let them go. Colors run deep, but they aren't deep enough to not see the important things in life.

Why? Because while sports are so very important to so very many of us, it's often far from the most important thing. As last week brought a tragedy to the forefront for our country, sports gave us a nice shelter from it all, but thankfully, none of us need shelter from sports.

So while I might make a jerk of myself just because I love a team, I also love the fact that we can all let it go at the end of the day.

•Daniel J. Patrick is the sports editor for the Lake County Journals. Write to him at dpatrik@nwnewsgroup.com.

>> Softball: Warren 4, Lakes 4 (11 innings)

This game is all tied up



Sandy Bressner - sbressner@nwnewsgroup.com

Warren's Alex Booker, a freshman, is safe as she slides into second base despite Lakes infielder Ashton Pfeifer attempt to tag her out during a game.

Lakes, Warren battle in a 4-4 stalemate after 11 innings in conference play

By DANIEL J. PATRICK
dpatrik@nwnewsgroup.com

GURNEE – Ties aren't very common in softball, but at a North Suburban Conference matchup between Warren and Lakes, there was no other choice. After 11 long innings and more than three hours, as much as both teams wanted to win the game, the light wouldn't allow it as the contest was called with a 4-4 score.

"This definitely doesn't happen very much," Lakes Coach Julie Sexton said. "We're going to have to finish it on another date and we

might even have to bump a non-conference game if neither of the teams has an open date, but this is definitely not too common."

As uncommon as it was, Lakes had a chance to end the game the old fashioned way in the ninth inning. Jamie Braden jacked a double to right field to start the Eagles off with a runner in scoring position with no outs. Jennifer Ignoffo then singled up the right field line and Braden went for the go-ahead run.

Unfortunately for Lakes and Coach Sexton, Braden was caught at the plate.

"If we could have gotten her two

or three feet farther down the line, she would have scored easily," Sexton said. "She was looking for the call from me to go for the run, and if Warren makes the right throw to the cutoff man, we send her home and they did that. ... It was the higher percentage play and that's why I sent her home."

For the Blue Devils, the tie was just as hard of an ending as a loss would be. While there's still a chance Warren could pull out the win in makeup innings, Blue Devil Coach Carri Nichols was not pleased with her team's play.

"That was our first extra-inning

game of the season," Nichols said. "We definitely didn't play our best and we hoped to end the game by the seventh inning. It should have been finished by the seventh inning, but it was just another set of unfortunate mistakes that led to runs."

Make no mistake, Sexton wasn't too pleased, either.

"If we can stay away from unfortunate errors, we make the game easy for ourselves," Sexton said. "If we do that, we win the game and we go home an hour ago, but that's not the way it happened."

See SOFTBALL, page 11B

>> Baseball: Antioch 2, Lakes 1

Sequoits pull out close win over rival Lakes

By DANIEL J. PATRICK
dpatrik@nwnewsgroup.com

ANTIOCH – Sometimes, rivalries just aren't all they're cracked up to be – or at least that's what the coaches would have you believe.

On the Antioch athletics Web site, the top announcement was, "IT'S LAKES WEEK," building up how the

Sequoits and Eagles would lock horns in baseball, softball, boys and girls track, and boys volleyball.

In front of a relatively large crowd from both schools, the Eagles and Sequoits locked horns to the tune of a 2-1 baseball classic. Unfortunately for Lakes, Antioch defended their home turf with the close North Suburban Conference

Prairie Division win.

Like all good coaches, Lakes skipper Mark Tschappat downplayed the entire Lakes-Antioch deal.

"Honestly, everything we talked about was focused on what we had to do," Tschappat said. "I just really believe that when we start worrying about other teams and who we're playing, we'll have problems. It doesn't

matter, what we have to do is play our game and execute.

"It's just a division game and we want to win the division, whether it's Antioch or Grant next week."

Antioch Coach Paul Petty let a little bit more hang out about the situation, but not by much. Petty said that while he would prefer his players not focus on the Antioch-Lakes rivalry,

there's nothing wrong with getting fired up about the game.

"I tried to tell the kids that it doesn't matter who we're playing and to try not to get caught up in the whole Lakes thing," Petty said. "I said if they want to, it's fine with me, but they should try not to."

See BASEBALL, page 11B

Quick Hitters



Bjorn Jaranson - Antioch

A 23-5 baseball score might look like a typo on paper, but that's exactly what happened between Antioch and Round Lake in a North Suburban Conference game last week. For the Sequoits, Bjorn Jaranson was a big part of it as he went 4-for-4 and drove in five runs to lead Antioch to the 18-run victory.

Bjorn Jaranson



Kariann Hill - Grant

Grand slams are special things in softball, but to break an extra inning tie, well, that's downright unbelievable. Facing a 1-1 tie in the eighth inning with the bases full, Grant senior Kariann Hill did what most players would only dream of – she drilled a grand slam for the 5-1 conference win over Vernon Hills.

To nominate a student athlete for Quick Hitters, please send submissions to Daniel J. Patrick at dpatrik@nwnewsgroup.com.

Game of the Week



VS.



What: Baseball
Where: Grayslake Central baseball field
When: 4:30 p.m., Monday, April 30

Splitsville is a hard place to be, but it sure makes for great sports rivalries. After Lakes and Antioch battled it out last week, now its former mates Grayslake North and Grayslake Central's turn to battle for the home turf. Calling all Grayslake baseball fans, it's time to see what's what and see if the young North Knights can take on the powerful Central Rams.

>> Girls Track



Chris Padgett - cpadgett@nwnewsgroup.com
 Lauren Serum and Courtney Kimes, of Wauconda, compete in the final for the 400m hurdles at the Wauconda Invitational Track Meet. See story page 18B.

>>Upcoming Games

Friday, April 27

Baseball

Grayslake North at Prairie Ridge, 4:30 p.m.
Warren at Grant, 4:30 p.m.

Girls Soccer

Grayslake North at Prairie Ridge, 4:30 p.m.

Softball

Grant at Warren, 4:30 p.m.
Huntley at Grayslake North, 4:30 p.m.

Boys Track

Grant Invitational, 4 p.m.

Boys Volleyball

Lakes at Antioch, 6 p.m.
Warren at North Chicago, 6:30 p.m.

Saturday, April 28

Baseball

Antioch at Grayslake North, 10 a.m. (DH)

Carmel at Marian Catholic, 10 a.m. (DH)

Fremd at Warren, 10 a.m. (DH)

Lake Forest Academy at Lake, 10:30 a.m. (DH)

Softball

Lakes at Niles North, 10 a.m. (DH)

Boys Tennis

Lakes Tournament at Lakes, 9 a.m.

Monday, April 30

Baseball

Grayslake North at Grayslake Central, 4:30 p.m.

Notre Dame at Carmel, 4:30 p.m.
Warren at Deerfield, 4:30 p.m.

Girls Soccer

Grayslake North at Lakes, 4:30 p.m.

Softball

Deerfield at Warren, 4:30 p.m.
Lakes at Warren, 4 p.m. (resumed from April 23)

Boys Tennis

Antioch at Carmel, 4:30 p.m.

Boys Track

Round Lake, Grant at Antioch, 4:30 p.m.

Girls Track

Antioch, Grant at Round Lake, 4:30 p.m.

Tuesday, May 1

Baseball

Antioch at Wauconda, 4:30 p.m.
Cary-Grove at Lakes, 4:30 p.m.
Stevenson at Warren, 4:30 p.m.

Girls Soccer

Grayslake Central at Grayslake North, 6:30 p.m.
Wauconda at Carmel, 4:30 p.m.

Softball

Grayslake Central at Grayslake North, 4:30 p.m.
Lakes at Glenbrook South, 4:45 p.m.Warren at Stevenson, 4:30 p.m.
Wauconda at Antioch, 4:30 p.m.

Boys Volleyball

Antioch at Warren, 6 p.m.
Carmel at Notre Dame, 6 p.m.
Vernon Hills at Lakes, 6 p.m.

Wednesday, May 2

Baseball

Grayslake Central at Grayslake North, 4:30 p.m.

Girls Soccer

Grant at Round Lake, 6:15 p.m.
Prairie Ridge at Grayslake North, 6:30 p.m.

Softball

Glenbrook North at Warren, 4:30 p.m.
Prairie Ridge at Lakes, 4:30 p.m.

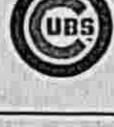
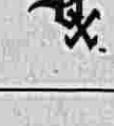
Thursday, May 3

Baseball

Grayslake North at Johnsburg, 4:30 p.m.
Wauconda at Antioch, 4:30 p.m.

All school athletic schedules are subject to change, check with the individual schools for more information.

WEEKLY PLANNER

| TEAM | FRIDAY | SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|--|--|--|---|----------|
|  | at Miami* 7 p.m. CSN, ESPN, FM-105.9 | | at Miami* Noon ABC, FM-105.9 | | at Miami*# TBD | | |
|  | | | at Houston 6 p.m. CSN, FM- 105.9 | | | | |
|  | at St. Louis 7:10 p.m. WGN, AM-720 | at St. Louis 2:55 p.m. Fox, AM-720 | at St. Louis 7:05 p.m. ESPN, AM-720 | at Pittsburgh 6:05 p.m. WGN, AM-720 | at Pittsburgh 6:05 p.m. CSN, AM-720 | at Pittsburgh 11:55 a.m. CSN, AM-720 | |
|  | L.A. ANGELS 7:11 p.m. CSN, AM-670 | L.A. ANGELS 6:05 p.m. WGN, AM-670 | L.A. ANGELS 1:05 p.m. CSN, AM-670 | | at Seattle 9:05 p.m. CSN-plus, AM-720 | at Seattle 2:35 p.m. CSN, AM-720 | |
|  | | | | PHILADELPHIA 7 p.m. ESPN2, FM-105.9 | | | |



Sandy Bressner • sbressner@nwnews.com

Janae LeBaron, of Lakes, bunts the ball to advance the runner during the game against Warren. After 11 innings of play the game was called at a 4-4 tie.

Pitchers shine in NSC conference tie

• SOFTBALL

Continued from 10B

Lakes had a bright spot in senior pitcher Claire Seaver. Against Warren, Seaver pitched all 11 innings and faced 46 batters for 12 strikeouts compared to just three walks and six hits in the outing.

"She was having a very hard year, but I think that

this could have been her breakout performance," Sexton said. "She had a very good season last year, but I think she's been working hard to find herself this year. ... This was a very good outing for her and hopefully, she'll be able to ride this momentum for the rest of the season."

Blue Devil pitchers Taryn Parker and Sam Berrios made life just as hard for the

Eagles as they struck out five, but gave up twice as many hits as Seaver. With the tie, Warren still stands at 4-7 on the season while Lakes has an identical record.

The two schools will have

to meet at a later open date to

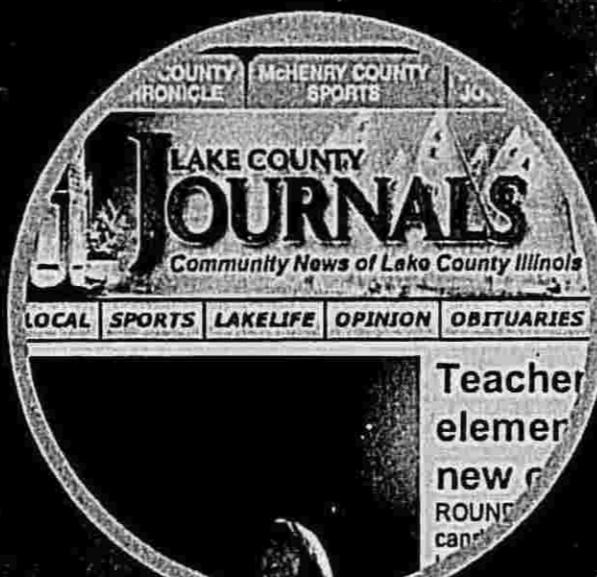
finish off the game for a decision.

The teams will decide

the game at 4 p.m. on Monday, April 30, just before Warren's

scheduled game with Deerfield.

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SPORTS

The next step

CLC names new basketball coach

By DANIEL J. PATRICK
dpatrik@nwnews.com

GRAYSLAKE — Just two years removed from a national tournament bid, the College of Lake County mens basketball program gets its third coach in as many years. This time, it's decorated former high school coach Tom Shields.

Shields, who has 26 years of high school coaching under his belt, was named as the Lancers' coach last week. At the high school ranks, Shields was highly successful, earning a lifetime record of 430-222 and guiding Providence St. Mel to a No. 1 ranking in the nation by USA Today and Street, and Smith.

"After we had announced an opening, he called and left his name, and I was thinking, 'Wow is that the Tom Shields I think it is?'" CLC athletic director Chad Good said. "He applied for it, we interviewed,

and the rest is history."

CLC let go first-year coach Raphael Howard after a mediocre 4-20 campaign last year. Howard was hired after Shawn Chism left the program after six seasons and had his last team take third in NJCAA Division II national tournament.

As for Shields, he stands tied with six other coaches for the most schools coached to the state finals. Not only did he take Providence-St. Mel to the state championship in 1985 as the last of four straight appearances, he also was able to take Hales Franciscan to the state finals in 1993.

Thanks to his great success at the high school level, CLC was not his first brush with college coaching. Over the years, he has been offered assistant coaching positions with Division I programs such as Iowa State, Bradley, Creighton and Loyola.

"I've been teaching for 32 years and one thing that I've learned is that timing and opportunity cannot be sched-

uled," Shields said. "The circumstances just weren't right. I almost ended up at Bradley and Creighton and Loyola ... but I love the high school game. Now, I decided that maybe some of the other stuff had passed me by and this was the perfect opportunity to move on to the college game."

Tom Shields
New College of Lake County, boys basketball coach

a mix [between local and national recruits]. I think that there's local drawing power now just because of his reputation and that'll open some eyes to our program."

Shields' goals are just as "right here, right now" as his recruiting is. His immediate goal is simple: win lots and win now.

"We're going to try to win the conference and get to the nationals, get as good as we can as quick as we can, that's the most accurate way to put it," Shields said.

After almost three decades coaching the game, one would think that there's very little, CLC's newest coach hasn't seen. But one thing that has evaded him is the college game.

"I know of the Skyway conference, but actually coaching at the junior college level is something new to me; it's like starting all over again," Shields said. "It's almost like a rebirth. I'm like a kid; school ends and I get to go to the gym."

Antioch run support, pitching aid in victory

• BASEBALL

Continued from 10B

As for the game itself, Lakes got its run in the top of the fourth thanks to an RBI double from senior Jeremy Pohlman.

Pohlman's extra-base hit was the only Eagle hit of the night as pinch runner Nick Thackston was on base thanks to an Antioch walk earlier in the inning.

Antioch pitcher Jeff Baird was stellar in the game. Baird (2-2) pitched a complete game and gave up just one hit and two walks and collected seven strikeouts in the win.

"Jeff Baird pitched a great game," Petty said. "That was one of his better performances, but he's been trotting out and putting us up a couple of times this year, so this is what we expect from him."

Baird got just enough run support thanks to six Antioch hits in the game.

Trevor Popp led the way with a single and a double to finish 2-for-4 on the night. Craig Holst and Brett Paramski also singled in the win.

The Sequoits got both of

their runs in the fifth inning and that was enough for the victory.

Despite no fielding errors for the night, Petty said his team's defense was not completely flawless in the game.

"We just made some little mistakes, but that's been kind of the nemesis for us this year," Petty said. "It's just those little things and we're a team that just cannot make those [mistakes]. But it worked out tonight."

Such was the story for the Eagles as Lakes had decent defense with two errors in the game, good pitching with just six hits, but little offense with just one run off of one

hit. "Dan Riedel has been a reliever for us in the past, but he started for us today and I thought he did a great job," Tschappat said. "He pitched out of some big jams early and Matt Limbert came in and pitched well, but we just need to make plays behind them."

Antioch now stands at 8-12 on the season and 2-4 in the NSC-Prairie while Lakes drops under .500 at 9-10 overall, but is still amongst the top in the Prairie with a 5-2 conference record.

Paul Petty
Antioch baseball coach

We just made some little mistakes, but that's been kind of the nemesis for us this year.</p

>>HometownSports

CLC foundation hosts golf outing to benefit scholarships. Tee up for the College of Lake County Foundation 2007 Joan Legat Memorial Golf Outing, to be held on Monday, June 11 at Glen Flora Country Club in Waukegan. Proceeds from the event will benefit the Foundation's scholarship fund, which helps deserving CLC students reach their educational goals. In 2006, the golf outing raised \$32,000 for CLC student scholarships.

Glen Flora Country Club,

established in 1911, is a private 18-hole golf course known for its well kept greens. Registration for the golf outing begins at 10 a.m., followed by lunch at 11 a.m. and a shotgun start at 12:30 p.m. During the 18-hole "scramble" tournament, golfers will have the chance to win prizes, including a new vehicle, provided by Liberty Auto City.

After the tournament, the event will continue at 5 p.m. with cocktails, hors d'oeuvres and a silent auction, as golfers

and guests are entertained by the music of Jazz Beaucoup, led by Bruce Mack, CLC director of bands emeritus. One of Glen Flora's famous dinner buffets will be served at 6 p.m., followed by the presentation of prizes and awards. Donations are \$350 per person and proceeds will go to the CLC scholarship fund. Tickets to attend the evening reception only are \$50. For more information and registration, call (847) 543-2400.

>>Boy Tennis: Grant 5, Wauconda 0



Chris Padgett - cpadgett@nwnewsgroup.com

Alex Marginean, of Grant, returns the ball while playing a tennis match against Wauconda.

May the best Bulldog win

Grant first singles player tears through Wauconda

By STEVE PETERSON
speterson@nwnewsgroup.com

FOX LAKE - It's a good time to be a Grant tennis fan.

The Grant High boys tennis team, led by No. 1 singles player junior Alex Marginean, continues to have a stellar season in the North Suburban Conference Prairie Division. The Grant team shutout Wauconda 5-0 last week and also beat Antioch, 4-1.

As for the singles star, Marginean won 6-1, 6-3 at first singles over Wauconda. Thus far, he has only lost to Antioch this season and according to Grant Coach Kristin Chamberlain, he has no intent on slowing down. Chamberlain said he has been able to put together such an impressive season thanks to a hard regimen of work in the offseason last summer.

"For the most part, he is able to hold it together," Chamberlain said. "You can tell that he has grown a lot as a tennis player. He continued to work over the summer."

While Marginean has put together a nice 2007 campaign, Grant's Coach said there is more work to do for the rest of the team. Chamberlain said that her team is inexperienced in the details of the game, but is very athletic and



Chris Padgett - cpadgett@nwnewsgroup.com

Connor Dimick, of Wauconda, returns the ball while playing doubles with Ryan Shepherd during a tennis match against Grant.

gaining in their knowledge.

Grant might be one of the top teams in the Prairie, but Chamberlain more than respects the NSC-Lake part of the equation.

"The other side of the conference is so tough, with Warren and Lake Forest," Chamberlain said.

Against Wauconda on April 19, Grant had No. 2 singles player Clay Guenther as did No. 1 doubles team of seniors Tommy Sircher and Danny Deligio. The No. 2 doubles team of Andrew Kovarik and Jay Hendricks won with consistency. Josh White and Joe Loris combo is

the No. 3 doubles team, which won a close match.

Thanks to the wins from Marginean, Guenther and the rest of the Grant Bulldog roster, Grant was able to claim a 5-0 sweep over NSC-Prairie rival Wauconda. The efforts improved the team to 5-3 overall after the win over Wauconda.

Against Antioch, Sircher and Deligio won in doubles, as did Hendricks and Kovarik. Loris and White won a three-set match.

On the horizon, Grant hosts Marian Central on April 26 in a nonconference matchup.

Warren Wave 12U Silver start season

The Warren Wave 12U Silver team opened its 2007 summer season by competing in the Pontiac Invitational Tournament in Pontiac, Ill. this past weekend. The Warren Wave is the travel portion of Warren Township Girls Softball, historically opens its

season in Pontiac and was one of 19 teams from central and southern Illinois to compete in the tournament. The team played in a three-game round robin tourney and won all three games.

In game one, the Wave played against the Bureau

County Blaze. Jessica Demski dominated striking out seven and only allowing two hits in a 6-0 shut-out. Catcher Sam Belletini was solid and called a great game behind the plate. Speedy shortstop Ashlen Powles hit a big triple. Kelly Majewski contributed with a big RBI. Great defensive plays were turned in by third baseman Kayte Gravel and second baseman Kelli Layton to end the game.

In game two against the Odell Storm, both Arielle Rivera and Selaina Coronado took the mound and battled hard. The Wave was trailing 7-3 going into the last at bat. Patience at the plate paid off as Rebecca Kouba, Powles, Layton and Demski all scored to tie the game. Gravel slid into home with the go ahead run sealing the 8-7 victory for the Wave.

Game Three was a pitching gem by lefty Amy Ricci giving up only one walk and one hit in a 5-1 victory over Central Illinois Girls Softball Rebels. Blair Feldman provided the offensive spark with a line drive shot to left center. The Wave defense was solid as Taylor Boyke snagged a tough line-drive while playing first and Kouba made play after play at second base including a key grab of a ball up the middle. Catcher Rivera made a diving catch in foul territory to end the game.

"Our girls played great, we still have much work to do to get ready for the meat of our season, but we are on our way," coach Denis Gravel said. "We should be in great shape."

The 12U Silver team is coached by Coach Lou Bellitini, Carol Demski, Bill Majewski, Jerry Powles and Craig Ricci.

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NASCAR THIS WEEK

WHAT'S UP NEXT

- **Race:** Aaron's 499
- **Where:** Talladega (Ala.) Superspeedway (2,666 miles), 188 laps/501.208 miles.
- **When:** Sunday, April 29
- **Last year's winner:** Jimmie Johnson
- **Qualifying record:** Bill Elliott, Ford, 212.809 mph, April 30, 1987.
- **Race record:** Mark Martin, Ford, 188.354 mph, May 10, 1997.
- **Last week:** Eventually, Jeff Gordon wins everywhere. Gordon, after doing everything but winning during the season's first seven races, trimmed Phoenix International Raceway from the list of tracks where he's never won. Now only Texas Motor Speedway and Homestead-Miami remain, ripe for Gordon's picking.

By winning the Subway Fresh Fit 500, Gordon hiked his season points lead and tied Dale Earnhardt for sixth place on NASCAR's all-time list of race winners. He could make the most significant pass of his career next week at Talladega Superspeedway, long an Earnhardt family stronghold, by claiming career victory No. 77. Of Earnhardt, Gordon said, "To even come close to anything he ever did is quite an honor for me." On lap 300, Gordon assumed control, leaving Tony Stewart to finish second. Late-rallying Denny Hamlin, Stewart's teammate, plucked third place away from Matt Kenseth, who eventually fell to fifth. Jimmie Johnson was fourth.

- **Race:** Aaron's 312
- **Where:** Talladega (Ala.) Superspeedway (2,666 miles), 117 laps/311.922 miles.
- **When:** Saturday, April 28
- **Last year's winner:** Martin Truex Jr.
- **Qualifying record:** Joe Nemechek, Chevrolet, 193.517 mph, April 24, 1997.
- **Race record:** Mark Martin, Ford, 168.937 mph, April 26, 1997.
- **Last week:** Clint Bowyer, in a Chevrolet, outdueled Ford's Matt Kenseth at Phoenix International Raceway.

BUSCH SERIES

CRAFTSMAN TRUCK

- **Race:** O'Reilly Auto Parts 250
- **Where:** Kansas Speedway, Kansas City, Kan. (1.5 miles), 167 laps/250.5 miles.
- **When:** Saturday, April 28
- **Last year's winner:** Terry Cook
- **Qualifying record:** Bill Lester, Toyota, 173.833 mph, July 1, 2005.
- **Race record:** Ricky Hendrick, Chevrolet, 125.094 mph, July 7, 2001.
- **Last race:** Toyota driver Mike Skinner won his third consecutive race, dominating the Kroger 250 at Martinsville Speedway.



TOP 10 IN POINTS

NEXTEL CUP

BUSCH SERIES

CRAFTSMAN TRUCK SERIES

| | NEXTEL CUP | BUSCH SERIES | CRAFTSMAN TRUCK SERIES |
|-----|----------------|--------------|------------------------|
| 1. | Jeff Gordon | 1,326 | 1. Carl Edwards |
| 2. | Jeff Burton | 74 | 2. Dave Blaney |
| 3. | Matt Kenseth | 160 | 3. Kevin Harvick |
| 4. | Jimmie Johnson | 211 | 4. Matt Kenseth |
| 5. | Denny Hamlin | 242 | 5. David Reutimann |
| 6. | Kyle Busch | 324 | 6. Kyle Busch |
| 7. | Tony Stewart | 332 | 7. Mike Wallace |
| 8. | Carl Edwards | 359 | 8. Marcos Ambrose* |
| 9. | Clint Bowyer | 363 | 9. Bobby Hamilton Jr. |
| 10. | Mark Martin | 405 | 10. Denny Hamlin |

* rookie

WHO'S HOT AND WHO'S NOT

► **Who's hot —** Jeff Gordon's finished fourth or better six times in eight races. ... Jimmie Johnson's been fourth or better five times.

► **Who's not —** Kasey Kahne hasn't finished in the top 10 since Daytona. ... The highest-ranked Dodge driver, Kurt Busch, is 13th in the season standings.



John Clark/NASCAR This Week

Sadler touched by the massacre at Virginia Tech

By Monte Dutton
NASCAR This Week

AVONDALE, Ariz. — No NASCAR driver has been more touched by the Virginia Tech tragedy than Elliott Sadler, the Emporia, Va., native who has family and personal connections with the Blacksburg school.

"I was on the West Coast here ... trying to catch as much as I could from the news. I was with my mom and dad on the phone checking in as we found out people we knew were OK," Sadler said.

"If you've ever been to Blacksburg, you just don't see this happening at that place. Monday was a very, very tough day for everybody that was part of the Hokie Nation."

Another Virginian, Ward Burton, made plans to visit Virginia Tech on Monday after returning home from Phoenix.

■ **Hmm, that's odd —** On April 17, Michael Waltrip announced he had promoted Buddy Sisco to crew chief of his No. 55 NAPA Auto Parts Toyota. The move didn't get much no-



SADLER

tice, particularly after Waltrip failed to make the field for the Subway Fresh Fit 500, his seventh consecutive failure.

Then, however, Waltrip was asked about the rumor that he was going to replace himself as driver with Bill Elliott. Absolutely not, he replied. Presumably, one of the appeals of hiring Elliott would be the fact that the 1988 Winston Cup champion is eligible for ex-champion's provisions. One of the two other drivers at Michael Waltrip Racing is Dale Jarrett, who has run through five of the allotted six slots in that category.

Among Waltrip's comments: "I know my focus is sharp on race day ..."

How could he possibly know that?

■ **Quite the test —** Phoenix offered a new challenge for the COT: speed.

The previous races were held on short tracks of roughly a half-mile. Aerodynamics makes little difference on such tracks. Though Phoenix International Raceway is relatively flat, it's a mile long and has an unusual shape. The back straight is curved, almost as if there were three turns on one

side of the track.

"The biggest thing is actually racing at a track where aerodynamics matter," said Kyle Petty. "It's as important, or more important, than mechanical grip is at Phoenix. ... We don't have a test or anything like that."

"It's time to actually see what we have."

FEUD-OF-THE-WEEK



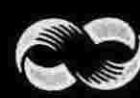
Jeff Gordon vs. Tony Stewart

Losing to Gordon at Phoenix obviously got under Stewart's skin. He left the track without speaking to radio and TV or attending the supposedly mandatory post-race press conference. Stewart could use a victory to relieve the self-applied pressure.

NASCAR This Week's Monte Dutton gives his take: "Stewart always complains about having a microphone stuck in his face after he climbs out of his car, but he could have taken time to cool down before conducting the runner-up's press conference. Instead, Tony opted to, in his own words, 'beat the traffic.'"

Wisconsin's first robotic-assisted surgery for endometrial cancer

At Aurora Health Care, patients with endometrial cancer have the advantage of several minimally invasive treatment options, including robotic-assisted surgery. Aurora is a leader in the use of this advanced procedure and performed the very first robotic-assisted gynecologic surgery in Wisconsin. Robotic-assisted surgery is extremely precise, involves less trauma to the patient and less risk of infection. The result is shorter hospital stays and a more rapid return to everyday activities.



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3 Ways to Protect Yourself From Identity Theft

1. Free Shredding Day

For customers, please bring the shredding coupon that was included in your statement. If you're not a customer stop by any bank location for a FREE shredding coupon good for up to three boxes of papers! Then, bring your coupon and boxes to our 2nd Annual Shred-Fest to have your personal documents shredded for free.*

Shred-Fest Schedule

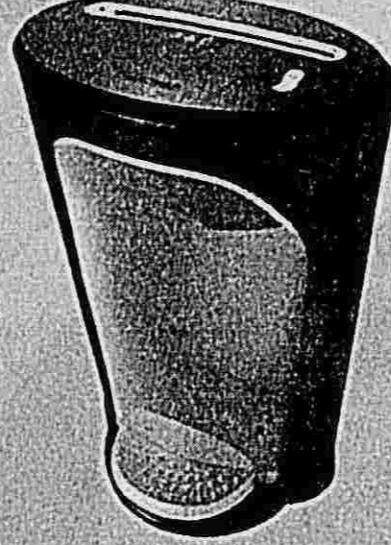
Saturday, April 28th
 Lake Villa Community Bank
 8:30 A.M. - 10:00 A.M.
 Libertyville Bank & Trust
 (Main Bank)
 9:00 A.M. - 12:00 P.M.
 Wauconda Community Bank
 10:30 A.M. - 12:30 P.M.

Saturday, May 12th
 Libertyville Bank & Trust
 (South location)
 10:00 A.M. - 12:00 P.M.

* Remit coupon to bank employee for shredding only. Limit 3 boxes per person. The banks assume no liability for shredded items.

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>>BoysRoundup

Grant edges Lakes, 3-2, in tight tennis meet

BOYS TENNIS

With the North Suburban Conference Prairie Division season in full swing, Grant and Lakes duked it out last Tuesday to the tune of a 3-2 Bulldog win.

Grant first singles player Alex Marginean started things out right with a 3-6, 6-0, 6-0 win against Andrew Yopp. In second singles, Grant's Bulldogs struck again, this time as Clay Guenther overpowered Randall Haylock in straight sets, 6-3, 6-4.

Lakes was finally able to get some wins in the doubles

arena as first duo of Charlie Scupham and Justin Shea won over Grant's Tommy Sircher and Danny Deligio. Scupham and Shea's victory came in straight sets with a score of 6-2, 6-1.

The Eagles also got a big win out of the second doubles team of John Dudley and Timmy David. David and Dudley got the win over Andrew Kovark and Jay Hendricks, 6-4, 6-3.

Despite the losses in the two top doubles divisions, Grant was able to score the final blow as Joe Laris and Josh White defeated Nathan

David and Andre Skula in a very close match. Laris and White scored the 6-7, 7-5, 7-5 win to close out the meet and capture the Prairie Division win for the Bulldogs.

"This was a fiercely contested match that came down to the wire," Lakes coach Bryan Plinske said in a press release. "Nathan [David] and Andre [Skula] could not have played any harder [but] Grant just had a little more consistency in their shots."

Antioch 5, Round Lake 0

Antioch's Sequoits thoroughly dominated Round Lake

in an NSC-Prairie match-up, winning all matches in straight sets for the easy 5-0 victory. Amongst the victors was first singles player Brett McKenzie, who won 6-2, 6-2 and second singles player Dylan Haley was also victorious, winning 6-0, 6-0 in the contest.

Johnsburg 4, Grayslake Central 3

As the Fox Valley Conference Fox Division rivals lined up last Tuesday, both coaches knew it would be a fight and the meet did not disappoint as Johnsburg

edged Grayslake Central 4-3.

Grayslake's Jon Yee struck the first blow in No. 1 singles as he rebounded from a 6-2 first set loss to get 6-0, 6-2 wins. However, Johnsburg's Dan Martin answered back by winning 6-2, 6-1 over Brad Meadows. Grayslake senior Roy Pienar also got the final singles win in the No. 3 ranks by beating Chris Goulet in straight sets, 7-6, 6-2.

In doubles, it was more of the same as Johnsburg won in first doubles, third doubles and the extra match, but Grayslake's No. 2 duo of Tom Lettenmair and Brian

Dingman won over Matt Heinz and Jason Krueger, 7-5, 6-1 to round out the meet.

BASEBALL

Grant 9, Antioch 2

Grant High baseball players knew the importance of the North Suburban Conference Prairie Division game with Antioch when they faced a crucial late-game situation.

Grant scored four runs in the sixth inning and ended up winning 9-2.

"They knew that we had to have that game. We have two losses in the division, and trail Vernon Hills. Had we lost, that would have shot our chances at a NSC Prairie Division title," Grant coach Mike Mizwicki said.

Senior Anthony Kaskadden went 3-for-3 with two doubles and 3 runs scored. Senior Jacob Cobb had two hits and an RBI.

But it was senior Eric Peterson whose two-run single gave the Bulldogs some breathing room with a 5-1 lead.

Peterson is a designated hitter for Grant, as he shares catching duty time with junior Gerik Wallsten.

"He is an all-around good kid. It is hard to catch every day, they even need time off in the majors. They are both hitting over .400," Mizwicki said.

Sophomore Ryan Thorsen kept the Sequoits guessing. "He was in control the whole game. He allowed one run in seven innings. We play everyday this week, so his effort was huge," Mizwicki said.

Grayslake Central 7, Johnsburg 1

Grayslake's Rams exploded offensively for 11 hits that led to an easy 7-1 Fox Valley Conference Fox Division victory over Johnsburg last Monday.

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>>OutdoorExperience

Bass Pro Shops a trip worth taking

With gas hovering just less than \$3 a gallon, I try to use it expeditiously. There is, though, one trip I am glad I took recently.

Bass Pro Shops is in the midst of a tremendous expansion stage. Every angler worth his or her salt has been a visitor to the big store in the Gurnee Mills Mall complex. Earlier this year, the company opened a new facility in Portage, Ind. Yet they saved the best for last with the new sportsman's palace that opens this week in Bolingbrook.

Bolingbrook? Yes, that is a bit of a hike, but it is worth the ride to take a look at this combination megastore and outdoors museum. Bolingbrook is a heck of a lot closer than the Bass Pro flagship store in Springfield, Mo., which is the state's No. 1 tourist attraction, drawing more than 4 million annual visitors. The Bolingbrook store is at the Boughton Road exit on I-355.

This facility is a monstrous 140,000-plus square feet, even larger than Gurnee. The sales floor is 1/2 stories tall. By this I mean that the second floor covers only half of the main floor, giving the store a wide-open, expansive feel. In terms of merchandise, they have everything that you would expect to find: fishing gear, guns and hunting supplies, watersports gear, boats and motors and marine supplies, camping gear and plenty of outdoor clothing. This store also has something new to the chain, they have a complete trail bike department.

I really liked the optics department, which featured a spotting scope counter where outdoors enthusiasts can sample the various products, viewing the full width of the store. I also was impressed with the full-service fly shop and the indoor archery range.

Also in the facility, there is more than \$3 million worth of taxidermy. They've got at least one of every animal you'll find in our state and many species are represented by a large number of mounts. More than 3,500 area artifacts are on display, as well.



Steve Sarley

Walking through the departments, customers will be challenged to find all the display items as they have them virtually everywhere. Above the merchandise are displays of all sorts of antique fishing tackle and hunting gear. Below the counters are lighted displays of memorabilia.

The highlight of any Bass Pro Shop is usually a giant aquarium. Bolingbrook's contains 18,000 gallons of freshwater and holds most of Illinois' top species. In addition, there is a 13,000-gallon saltwater tank in the store's restaurant and even a 7,000-gallon canyon pool filled with trout.

In addition to the tour, I got to watch Bolingbrook's mayor, Roger Claar, put the ceremonial first bass into the big tank.

The store also includes a restaurant called the Islamorada Fish Company.

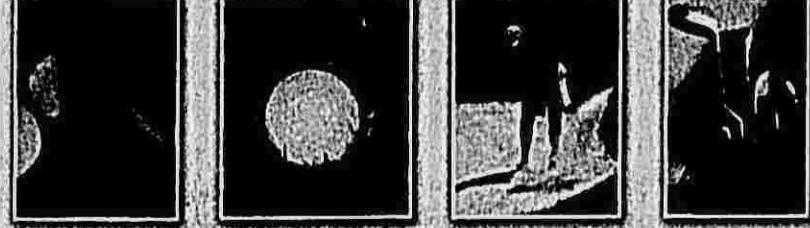
This mammoth store opens at 6:30 p.m. Wednesday for a ribbon-cutting and "Conservation Night." Fifty cents of every dollar spent at the opener will be donated to the National Wildlife Federation's "More Fish" campaign, which works to save fish and fish habitat for future generations. Many local conservation groups will man booths at the opener.

Outdoors celebrities such as Pete Maina, John Gillespie, Brenda Valentine and Jimmy Houston will be joined by Bears Hall of Famer Gale Sayers and NASCAR driver Martin Truex Jr. on opening night.

Lake County Journals outdoors columnist Steve Sarley's radio show, "The Outdoors Experience," airs live from 8 to 9 a.m. on Saturdays on AM-560. Sarley also runs a Web site for outdoors enthusiasts, OExperience.com. He can be reached by e-mail at steve@oexperience.com.



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Lacrosse popularity making its way to the Midwest

By PAUL JOHNSON
pjohson@nwnewsgroup.com

When Phil Ryan was growing up on Long Island, it was either baseball or lacrosse when it came to spring sports.

"We didn't know growing up that lacrosse wasn't played everywhere," said Ryan, vice president of the Chicago Shamrox professional indoor lacrosse team. "It wasn't until I started getting recruited for college that I noticed that."

Lacrosse traditionally is known as an East Coast sport, but its popularity is exploding across the Midwest, much like soccer did more than 20 years ago.

When Ryan came to Illinois after playing lacrosse in college in Maryland 16 years ago, there were only eight high schools that had lacrosse as a club sport.

Now, 49 schools offer boys lacrosse and 37 offer girls lacrosse as an emerging IHSA sport, with dozens of others on that same path, including some in and around McHenry County.

"All of a sudden five years ago we started seeing a rapid increase," said Ryan, who also is part-owner of Lacrosse America, an organization that hosts youth clinics and leagues. "We've doubled the amount of kids that are out. It's steamrolled into tons of schools jumping on and offering youth programs."

It's already here

Among Fox Valley Conference schools, only Grayslake Central's boys team has filed for emerging sport status. But a Crystal Lake team consisting of players from Central and South, and teams from Cary-Grove and Prairie Ridge, have formed in the past two years, operating as club sports.

At C-G, a group of 17 boys approached New York state transplant Brendan Gorman about starting a program. By the end of the summer, Gorman was coaching 42 players. Now, there are 89 in the program.

"The kids are so enthusiastic about it," Gorman said. "There is a strong group of athletes around here, which is nice. They're great athletes and they want to pick up the sport. I've never seen anything like it. It's amazing how far they have come in less than a year."

The three teams operate in the eight-team Northwest Suburban Lacrosse League, filled with other teams that have yet to apply for emerging sport status, so there is a competitive league in place if

that eventually takes place.

"This will satisfy us for this year," Crystal Lake coach Jim Sisto said. "Next year, I would like the players to get recognized by the school and get varsity letters like the hockey [club] team does. We're going to push really hard and work on getting that."

Crystal Lake Central principal Steve Olson is keeping track of interest at the four District 155 schools. Because the clubs were started so recently and interest is increasing quickly, lacrosse might become an option in the near future at all of the district schools.

"Never say never," Olson said. "It's just one of those things as we grow and interest increases, that's something I could see taking place. We look at how to best meet the needs of kids. There have been some conversations."

Lacrosse and the IHSA

The programs that are recognized by the IHSA as an emerging sport are members of the Illinois High School Lacrosse Association.

According to the IHSA, that means the IHSA "tracks participation in interscholastic sports that are sponsored by IHSA member schools, but in which the IHSA does not conduct a state series."

In addition to lacrosse, sports such as ice hockey, rowing, rugby, competitive dance, competitive drill team, competitive pom-poms and field hockey also have been granted emerging sport status. Schools that sign off on the measure are not required to provide funds, just to make sure IHSA guidelines are followed.

The IHSLA runs its league to IHSA standards with the hope that eventually it will be able to make an easy transition to becoming an IHSA-sanctioned sport, complete with a state playoff series. That is why it only allows teams that apply for emerging sport status to participate in its league.

"The state needs to see a certain level of participation before they'll take over the administration of the sport," said Josh Cole of the Chicago Machine outdoor

6

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Josh Cole

Member of Chicago Machine outdoor lacrosse team

an IHSA sport in the next few years."

Another potential pitfall pointed out by Moretta is the fact Champaign Centennial is the only team in the IHSLA south of the Chicago area. The IHSA has been sensitive to the issue of statewide participation in the past.

Obvious appeal

Lacrosse would seem to be a perfect sport in America, which loves fierce action and high scoring. Lacrosse offers both of those dynamics and even some of the contact of football and hockey, to boot.

"It's seen as a trendy sport," Cole said. "There's definitely an appeal to high school level kids. It's more up-tempo than baseball. The fast-paced nature is appealing. It seems like once you

get people into lacrosse, they're hooked. There's no wading in. People dive feet-first once they get a hold of the sport."

Lacrosse's popularity in the Chicago area has increased to the point there are outdoor and indoor professional teams operating in the market.

The Chicago Machine outdoor team played last year at Benedictine University in Lisle, but this spring it will share Toyota Park with the Chicago Fire of Major League Soccer.

The Shamrox indoor team just wrapped up its first season at the new Sears Centre in Hoffman Estates, averaging more than 6,000 fans a game. In 2006, the National Lacrosse League topped 1 million fans for the first time in its 20-year history.

"Even if you did this five years ago, it still wasn't ready," Ryan said of the Chicago market. "I think the timing is right now. It's really on the upswing. You don't have to explain what lacrosse is quite as often."

Starting young

Ryan and co-owner Rich Martin started Lacrosse America 16 years ago with an indoor youth program in Highland Park. Once a reputation was attained, programs began to sprout at park districts across the Chicago area.

"Lacrosse America has been all about spreading the game around the area," Ryan said. "You need to build it with the youth. That's where your fan base is."

Cole is seeing those youth programs build. That is only going to make the high school programs stronger and increase lacrosse's foothold in the area.

"Every year we add more high school teams," said Cole, who also coaches at Lake Zurich. "Right now there are more youth-level kids in grades three through eight that are playing in Illinois than high school participants. It will get even bigger."

Both the Shamrox and Machine hold regular clinics across the area to bolster awareness of the sport. The Machine conducted a clinic at Lippold Park in Crystal Lake last Sunday and the Shamrox let the Cary-Grove and Prairie Ridge boys team play each other at the Sears Centre before the Shamrox's season finale last Saturday.

The common comparison between the current lacrosse boom is with the soccer boom of the early 1980s.

"It's just like girls soccer 20 years ago," Moretta said. "People wondered how many people would play it, how it would succeed. Could you imagine not having that sport now? This sport is not going anywhere."

Paul Johnson is a sports writer for the Northwest News Group. Write to him at pjohson@nwnewsgroup.com

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SPORTS

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Sarah Underwood, 11, of Round Lake Beach, donated her hair to Locks 'n Love on April 7 at A Matter of Style in Grayslake. Underwood is a student at William L. Thompson School in Lake Villa.



**BIRDING —
ENHANCING YOUR
BACKYARD
EXPERIENCE**

Page C2

**SEVEN STEPS TO A
DE-CLUTTERED HOME**

Page C3

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INSIDE**Real Estate**

Page C2

Classified

Page C4

Wheels

Page C9

**LOOKING FOR A
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Inside

Ready to buy a home? Don't forget title insurance

The National Association of Realtors projects that 6.4 million resale home sales will take place this year. If you are one of those homebuyers, you're keenly aware that this will likely be your largest single investment.

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Insuring a home's title begins with search of public land records.

The title agent, or attorney working on behalf of the title underwriter, examines documents, such as deeds, wills or trusts, to determine whether the property is insurable.

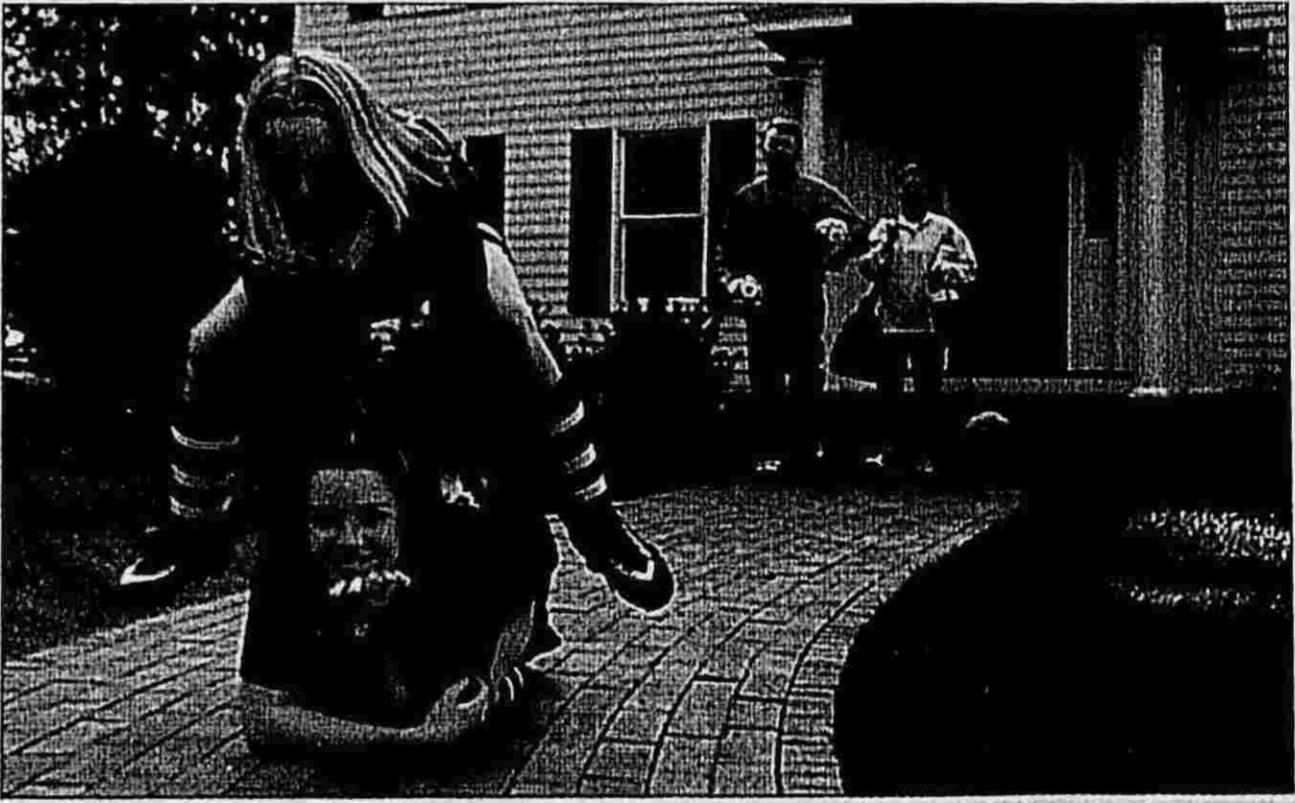
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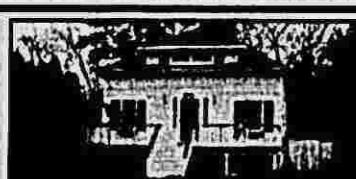


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Birding – Enhancing your backyard experience

In today's highly interactive and short attention-span society, the backyard increasingly beckons to us as that accessible personal space in which to repair from life. And life has become increasingly defined as the flickering space of a television, computer screen, personal digital assistant or smartphone.

Obviously, these ever-present devices are easy to take anywhere, even our backyards. But taking them there is one thing. To disengage is to realize the natural interactiveness all around, just waiting to enliven our "backyard experience."

Also, momentarily forget the other entertaining elements for backyard enjoyment to be open to the one of the most entertaining, soothing and natural of backyard activities — birding.

The allure of birding can be found anywhere in a range from infrequent to dedicated pursuit, with your backyard serving as the stage. No matter how you decorate or "accessorize" your personal outdoors, keep in mind you're doing it to create a haven for birds.

So what are the building blocks for enlivening your outdoor stage to attract the little winged actors?

Trees and shrubs

For birds, trees and shrubs are elements of security within your yard. The types and densities of your trees and shrubs have a direct bearing on the amount and types of birds that visit your yard. For example, just planting shrubs in groups rather than a line and not closely pruned afford covered ground access attractive to colorful robins, blue jays and cardinals. Single plantings or groupings of pine and fir trees provide yearlong insulation, cover and nesting perches. Without a doubt, tree and shrub type and arrangement are integral to optimum backyard bird



No matter how you decorate or "accessorize" your personal outdoors, keep in mind you're doing it to create a haven for birds.

activity. Visit www.howtoattractbirds.com to learn more.

Wildflowers

Wildflowers are natural magnets for attracting birds. They require minimum maintenance once the initial planting is complete. Not pruning or "deadheading" blooms is best for attracting birds through their remaining seed pods.

Birdhouses

Whether you build it yourself or buy a birdhouse, you'll find that putting up any house will gain residents. For certain types of birds, follow specific birdhouse structures.

Details such as floor area, house depth and rise of entry hole above the floor, are a few dimensions that make a house more conducive to specific bird types. Knowing the type of birds desired should guide your birdhouse choice.

Birdfeeders

Feeders come in general types: tube feeders, wall feeders, hopper feeders, sock feed-

ers, suet feeders, tray or platform feeders, lantern feeders and variations on all of these.

A tube feeder with a tray attracts cardinals; crossbills, finches and sparrows while a suet feeder attracts woodpeckers, chickadees, nuthatches and wrens. Feeders near the house call for a window feeder while an open area requires a tube feeder mounted on a pole. And then there are add-ons.

The most common are squirrel deterrents such as baffles or cones. Go to the National Wildlife Federation's site at www.nature.com or the U.S. Fish & Wildlife Service Web site at www.fws.gov/birds for complete sources for feeder information.

Bird food

If you put the right food out, the birds will come. In fact, bird food is the most affordable and effective birding lure. Whether sunflower, safflower, white millet, cracked corn or thistle seeds, knowing which seed your favorite bird likes guides your bird seed purchase. Buying higher-quality mixes versus mixes with fillers can ensure complete consumption, as well as minimize ground or patio debris from uneaten fillers. Filler debris attracts unwanted rodents under feeders or near your home. Knowing the bird you want to attract, the quality of seed used and the ease-of-use in the packaging are the ABC's of an enjoyable birding experience.

The limited time we have to relax in the great outdoors can also be the height of entertainment from a natural perspective. Putting in place the basic building blocks for attracting color and activity to our yards is easier than you think. First is recognizing what has always been in our midst and with just a few additions, realize that some of the best stimulation available isn't always in front of a monitor. Enjoy!

Seven steps to a de-cluttered home

For many people, having an abundance of personal items serves as a security blanket. For others, it's a sign of prestige: The more stuff I have, the better I am. The trouble is, too many belongings can quickly turn an orderly home into one overrun with clutter.

Perhaps you've heard of the recent news story where a man had more than 70,000 empty beer cans filling his residence, so much so that the landlord could barely enter the building. Others horde newspapers, knick-knacks, books, sock collections - you name it. What items have taken over your home?

The good news is that it only takes a little determination and a few supplies to cut down on clutter.

1. Getting started: The hardest part about clearing out clutter is getting up the gumption to start. The entire process can be less overwhelming if you tackle one small project at a time: for example, one closet, drawer or cabinet. As you build up expertise and momentum, you can move on to bigger and better de-clutter-fests.

Choose an area that needs attention and assess the situation. Set a reasonable time-frame to complete the task - say, a few hours. Now it's time to get your supplies.

2. Supplies: Those home-organizing shows on TV are a great source of ideas. Most instruct homeowners to form three separate piles: trash, keep and donate/sell. Depending upon the size of the items you're organizing, you can use three baskets, boxes or bags for the purpose of sorting. Also bring in a beverage to keep you hydrated and a small snack to boost



your energy levels while cleaning. A radio tuned to your favorite music can help keep you in an upbeat spirit and moving along on your task.

Stock up on organizational containers that can be used to hold the belongings you will be keeping. There are plenty of options at neighborhood stores or specialty shops.

You may also want to arm yourself with a vacuum, duster, broom and bug spray. You never know what you might uncover!

3. Limit distractions: Plan your de-cluttering session for a time when you can devote your undivided attention to the task at hand. Don't plan it close to an appointment, mealtime or when the kids can get in the way (unless you're recruiting them to help). Also, make sure you are well-fed prior to starting, so you won't be tempted to procrastinate any further.

To further limit distractions, turn off the ringers of your phones and crank that music so you won't hear the doorbell ring. Make sure the dog is walked and the cat has been fed, then begin.

4. Full swing ahead: Start by emptying everything out of the cleaning space so you can see just what is lurking

inside. Once all items have once again seen the light of day, begin the sorting process. Any items that are visibly beyond repair should be immediately trashed. If you haven't worn or used something in a year or two, you can also throw it out or put it in the donate pile. Keep only the items that you will truly use, and be extremely reasonable about deciding which items are keepers. Hoarding too much stuff is what got you in this situation to begin with, so there's no point in just putting everything back without removing a chunk of stuff.

5. Remove the trash and donations: Pack up the items that will be leaving the house. Put the trash at the curb and place the items for donation in your car. Anything that can be sold at a garage sale should be marked as such. Plan to host a garage sale as soon as possible to rid yourself of the remaining items. Out of sight, out of mind is key - further reducing the temptation to keep things you don't need.

6. Clean the keepers: Anything that is being kept should be cleaned (if necessary) and put back in an orderly fashion. Group like items together (such as vases with vases, bowls with bowls)

and put them back into your closet or cabinet.

7. Plan your next project: Now that you've successfully de-cluttered one area of the home, set goals for others. Remember, if the items are collecting dust or tucked away in a closet, they should be thrown away, sold or donated.

If you haven't used them, you don't need them.

Advantages to conquering clutter: Taking the time to de-clutter your home can offer you a liberating and "in control" feeling over your space. In addition, if you're deciding on selling your house, a home free of clutter makes the

home appear more spacious and inviting to potential buyers.

Depending upon the size of your space, try to de-clutter anywhere from annually to monthly. On the flip side, be wise about purchases, so you're not compounding the problem by adding to clutter.

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Kissing keys goodbye: New lock technology

Homeowners finally have a way to unlock the eternal problem of forgetting (or losing) one's keys or locking oneself out of the house.

It's estimated that millions of keys are lost each year in the U.S. and, short of calling a locksmith or waiting for a family member to come home, there's not much to do when you find yourself in such a position. But biometric technology is changing all that, giving homeowners a way to open the front door with just a swipe of the finger.

The new BioLock—from Sequiam Biometrics and Weiser, a Black and Decker Company—features a simplistic design that on the outside resembles traditional deadbolt door locks. However, the biometric deadbolt lock features a battery-powered locking mechanism that is activated when the homeowners swipe their finger across AuthenTec's FingerLoc fingerprint sensor—eliminating the need for traditional keys.

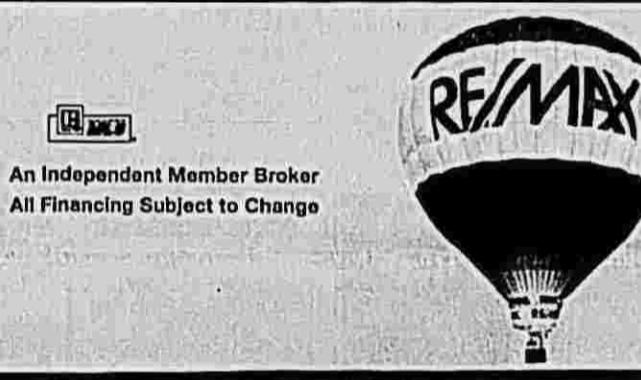
Homeowners can enroll up to 50 family members, friends or other individuals to activate the lock, which has an easy-to-use instructional keypad on the part of the lock that is inside the home. Homeowners can also easily delete or add authorized users using the same keypad.

This fingerprint sensor is unique because it reads below the surface of the skin—making it possible to read virtually every fingerprint. It was designed to be easy to use and reliable, to help prevent homeowners from being locked out of their homes.

The AuthenTec creators tested the TruePrint™ technology in extreme weather environments—such as tennis camps in Florida and ski slopes—and in prisons and hospitals where the individuals' prints might be hard to capture.

The lock is powered by four AA batteries, which will last through more than a year of normal use. The lock signals ahead of time when batteries need to be replaced—similar to a smoke detector. It also features a traditional key entry option as a backup.

The BioLock is available via select retail outlets and the Internet and in national home supply stores.



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On 2.5 acres in Jonathan Knolls, 15 room, 4 bedroom, 4-1/2 bath, 4 car garage, 2-story family rm w/ floor-to-ceiling fireplace. Maple & granite kitchen. Master has sitting area, fireplace, tray ceiling & vaulted luxury bath. Finished bsmt w/free rm, den, bath & home theater. Breathtaking! \$1,049,000

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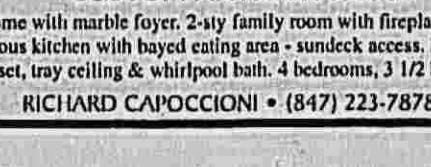
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\$85.00
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2 Parakeets & 1 Love Bird
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NorthWest News Group's dynamic New Media Department has a part-time opening for an editorial Web Assistant at our Crystal Lake location. Responsibilities will include assisting the New Media department with the maintenance and story posting of our internal sites. The main assignment will be for McHenryCountySports.com

so a knowledge of high schools sports is a must. Candidates will also do updates for our daily & weekly publications, as well as some video editing.

A journalism background or related work experience is a plus. Working knowledge of computer hardware and software is a must. Knowledge of Photoshop, Flash, Final Cut Pro and Dreamweaver would be very helpful. Ability to work nights & weekends until 2 am required.

For more information or to submit your resume, please contact:

NorthWest News Group Human Resources Dept Attn: Web Assistant P.O. Box 250 Crystal Lake, IL 60039 or recruitment@nwnewsroup.com

Must pass a drug screen & background check. EOE

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Medical/Dental

3430

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Handyman

1

WHEELS

Spring ahead with driving safety tips

When cold weather begins to warm, motorists may think their driving cares have melted away with the winter ice and snow. Not so.

Spring brings its own set of challenges for safety conscious drivers. Many drivers underestimate the need for control that all-wheel drive provides in slick rainy conditions - after the snow and ice have melted.

Just as you winterized your car with an eye to safety last fall, it's time to begin work on your spring automotive safety check list. Here are some hints for ensuring your car is in top condition for safe spring motoring:

• Rain is a common spring driving hazard. While most people think of ice or snow when cautioned about slippery roads, the truth is wet roads can be just as slick. Tires can hydroplane on a layer of water, losing contact with the road and causing the vehicle to skid. Rain lifts oil and other slippery fluids, dripped by passing autos, creating a slick layer on the blacktop. Flooded roads can flood out engines. Slow down on wet roads. Consider buying a vehicle with features like all-wheel drive and electronic stability control.

Start out with a safe car. Studies show that all wheel drive and electronic stability control significantly reduce the risk of being involved in a crash. Automakers are beginning to offer the technologies



on more models.

• Replace worn tires. Your tires are what keep the car on the road. Worn out treads provide less traction and greater chance to slide. Likewise, make sure tires are inflated properly according to your vehicle's owner's manual.

• Spring showers bring May flowers, but let this be a reminder to also check and replace worn wiper blades. Poorly maintained windshield wipers can hamper visibility in poor weather. After a long winter of salt and other road residue on the windows, wiper effectiveness is greatly enhanced by cleaning the glass with a strong glass cleaner that can remove the oily film. And don't forget the inside of the glass. Removing the film on the inside can help the defroster clear faster and reduce moisture build-up.

The Car Care Council recommends checking tire treads and windshield wiper quality in preparation for spring driving conditions.

In our research of vehicles brought in for their April check-up, close to one-fifth of vehicles (17 percent) had front windshield wiper failures and 12 percent of vehicles needed service on their rear wipers and/or washers," says Rich White, executive director of the Car Care Council.

• Spring rain can also dampen visibility so it is important to check all vehicle lighting including headlights, taillights, back-up lights, turn signals, parking lights and break lights. These lights are important not only because they help you to see, but also serve as a way to help you communicate clearly with other motorists.

Check coolant level, hoses to avoid overheating

When a cooling system fails, the engine overheats. And when a car overheats for very long, metal engine parts can be seriously damaged and require expensive repair.

Overheating can result when the coolant level is too low or when there is a leak in the system. Sometimes just driving in stop-and-go traffic on a hot summer day with the air conditioner running is enough to overheat the engine.

Coolant loss

A low coolant level leads to overheating because there isn't enough fluid in the system to absorb engine heat. The air in the system that is absorbing these high temperatures is a poor heat conductor and won't do an effective job of transferring the heat to the radiator.

Cars with coolant recovery tanks have markings on the

white plastic tank indicating where coolant levels should be when the car is running and when it's not. If the coolant level is low after repeated fillings, you probably have a leak in the system.

Coolant hose leaks

Hoses are the most likely source of leaks because they are structurally the weakest components of the cooling system. Hoses must be flexible to absorb vibration, so they are made of rubber compounds. Rubber, unfortunately, is not as durable as metal.



To avoid overheating during summer driving, engineers say radiator hoses should be replaced every four years.

Intense engine heat can harden, and crack even the best rubber; oil can soften and swell it; the simple passage of time can break down its internal bonding; and electrochemical degradation can crack the tube.

In many instances, hose leaks occur at faulty connections to the inlet and outlet

pipes on the radiator and engine. Make certain the hose clamps are secure.

All cooling system hoses should be inspected every six months. Most often, the upper radiator hose and the curved bypass hose will fail without warning. But, eventually they all will need to be replaced.

Did you know?

Each year, Kelley Blue Book releases their winners for the Best Resale Value Awards. These awards are designed to inform both new and used car buyers of the vehicles that are expected to maintain the greatest proportion of their retail price five years after ownership. The list is based on the analysis of Kelley Blue Book experts, who for years have helped buyers and sellers determine fair prices for vehicles. In 2007, the Best Resale Value Brand Award was given to both Honda and Acura. Acura picked up additional awards in both the Sedan category, with its Acura TSX, and in the Sport Utility category, with the Acura MDX. The Honda Civic took home the award for Best Resale Value in the Coupe category, while the Honda Odyssey won for Best Resale Value in the Van/Minivan category. Other winners include the Volkswagen Passat (Best Resale, Wagon) and the MINI Cooper, which won awards in both the Convertible and Hatchback categories. These awards should be taken seriously by consumers, as the biggest expense typically incurred by car owners in the first five years of ownership is depreciation in value.

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Auto repairs: Protecting yourself against fraud

Which is more important, saving money on car repairs or saving your life?

Finding a reputable shop to take your vehicle for major repairs—perhaps due to an accident or mechanical problems—can help protect you, your passengers and your wallet from harm.

Although most body shops are honest, some will try to defraud you and your insurance company. There are a number of scams they might try—from padding charges to using defective parts to performing shoddy repair

work—and it's the customer who ends up paying, via increased insurance premiums.

The headaches and time spent fixing fraudulent repairs are never worth the cost. But worse, these scams can make your vehicle unsafe and threaten your life.

Consider this actual incident: A car was brought in to a repair shop to have the steering assembly repaired. The mechanic, instead of using new or even refurbished parts, put the assembly back together with a coat

hanger. While the driver was on the road, the hanger broke and the car veered off the road into a house.

In other words, finding a quality, reliable repair shop means more than just good prices and less hassle; it's a matter of protecting yourself and your family. The Coalition Against Insurance Fraud offers these tips for finding a suitable shop:

- Ask your auto insurer, friends and colleagues to recommend quality body shops.

- Does the shop have a written warranty and guaran-

tee of customer satisfaction?

- Get a written estimate before authorizing repairs. Estimates should say the shop will contact you for approval before performing work exceeding a specific amount.

- When you pick up your car, ask the service manager to explain all work completed and all replacements made. Have new parts pointed out to you. Ask to see old, replaced parts.

- If you can't resolve problems, contact your local Better Business Bureau. If you suspect fraud, contact

your insurance company and state fraud bureau.

- Make sure your bill legibly itemizes all work done, including parts, repairs and any guarantees.

- Is the final bill close to the estimate? Have the shop explain any extra charges or work.

- If you aren't satisfied with the repairs, explain your problem and have the shop correct it.

For more information about how to protect yourself against different insurance scams, visit www.InsuranceFraud.org.



When you have car repairs made, it's important to work with a reputable body shop to protect yourself against insurance fraud.



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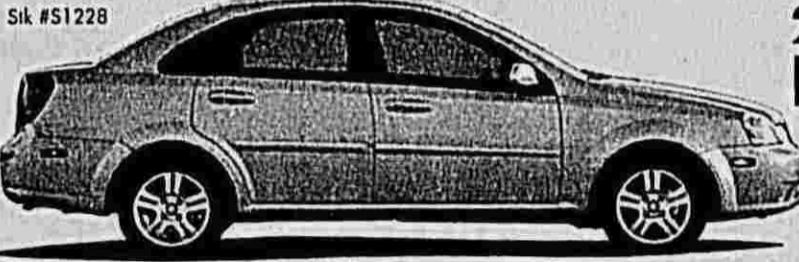
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